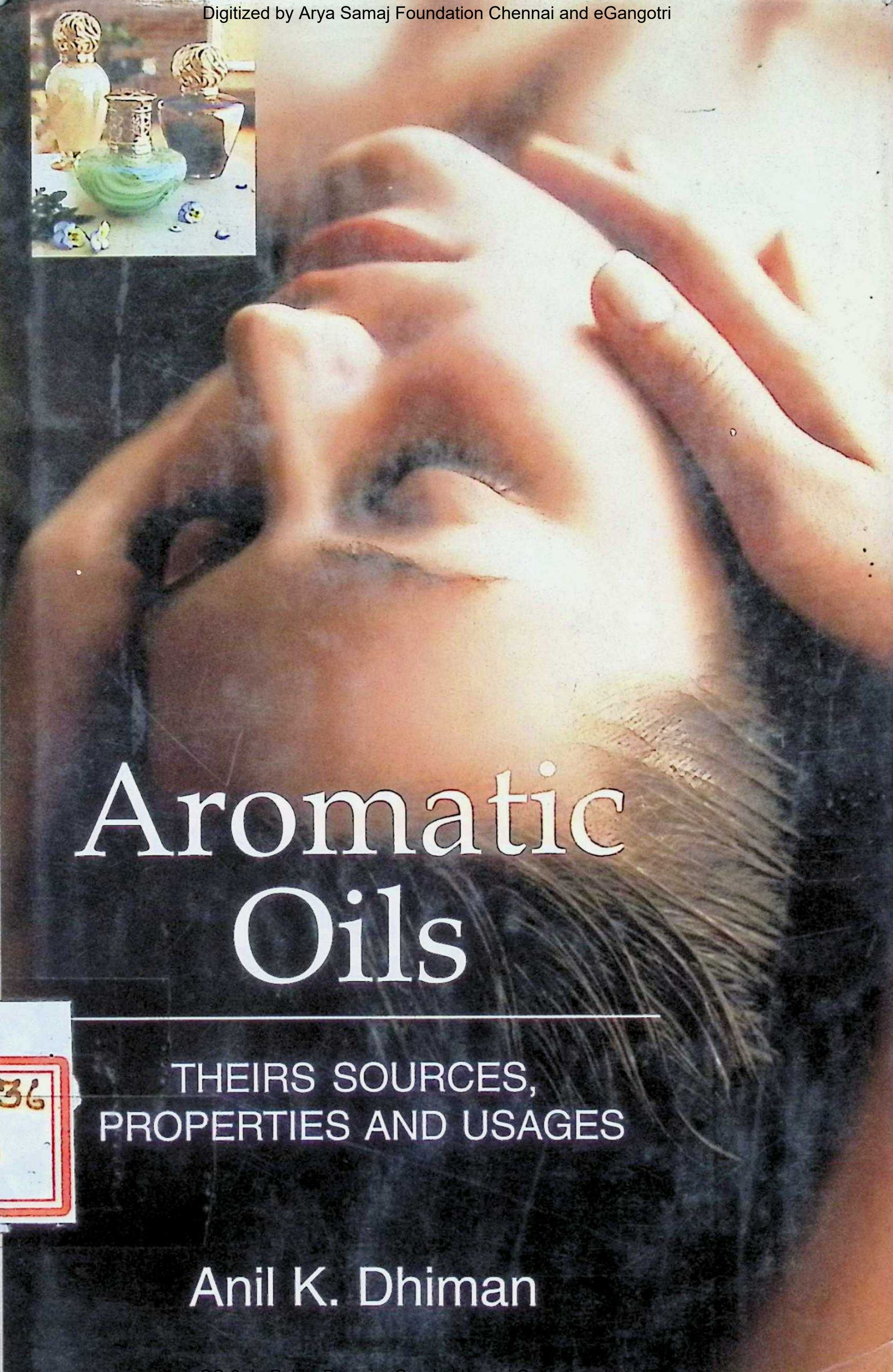

Aromatic Oils

THEIRS SOURCES, PROPERTIES AND USAGES

Anil K. Dhiman

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Aromatic Oils

Anil K. Dhiman

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Aromatherapy is gaining credibility and popularity over the last few years. Because of its healing effects, Britain has formally recognized its powerful therapeutic effects in maintaining well-being and promoting recovery from illness.

Aromatherapy is actually a combination of holistic approaches and the use of essential oils. These oils are extracted from a wide variety of plants and are extremely concentrated. Each oil has its own unique healing properties and fragrance, and is absorbed into the body through the skin and the inhalation of the aroma. Essential oils are obtained from over 3000 plants and are designated and defined by the plant species and sometimes the geographical location. The sources of these oils are diverse, including flower petals, leaves, and fruit peels etc.

This monograph contains information about essential oils and their plants of origin, along with family names, botanical names and common names. This may be used as a quick reference to each oil's effect on the *doshas*, its taste, its effect on the body, the oil's energy, its action, the bodily tissues most affected, symptoms leading to use of the oil, warnings, if any, and possible applications.

This is hoped that this monograph will serve as a quick reference guide for those who are interested in aromatherapy and the uses of essential oils.

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AROMATIC OILS

(Theirs Sources, Properties and Usages)

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Dedicated to My Parents
Shri Ramlal Dhiman
and
Smt. Kamla Devi

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PREFACE

Aromatherapy as it is known today began with the Egyptians, who used the method of infusion to extract the oils from aromatic plants which were used for medicinal and cosmetic purposes as well as embalming. Since then, it has travelled through the centuries and is being used throughout the world in more or less extent.

Aromatherapy has been gaining in credibility and popularity over the last few years. Britain has formally recognized its powerful therapeutic effects in maintaining well-being and promoting recovery from illness. Many health practitioners have discovered that the use of Aromatherapy enhances their treatments. It can be used on people of all ages, and has negligible side effects, if used correctly.

Aromatherapy is actually a combination of holistic approaches and the use of essential oils. These oils are extracted from a wide variety of plants and are extremely concentrated. Each oil has its own unique healing properties and fragrance, and is absorbed into the body through the skin and the inhalation of the aroma. Essential oils are obtained from over 3000 plants and are designated and defined by the plant species and sometimes the geographical location. The sources of these oils are diverse, including flower petals (for example, Rose and Jasmine), spices (Cinnamon and Ginger), leaves (for example, Pine oil and Turpentine), and Citrus fruit peels. Compounds present in the juice that may contribute to the distinctive flavour of a fruit or berry are not, strictly speaking, components of the essential oil. Chemically, essential oils are extremely complex mixtures containing compounds of every major functional-group class. These oils are isolated by steam distillation, extraction, or mechanical expression of the plant material; often only certain parts, such as roots, buds, leaves, or flower petals, are used.

Realizing the importance in the mind of the credibility and popularity of aromatherapy and uses of essential oils in today's life, this monograph on *Aromatic Oils* is developed. This monograph contains information about essential oils and their plants of origin, along with family names, botanical names and common names. This may be used as a quick reference to each oil's effect on the *doshas*, its taste, its effect on the body, the oil's energy, its action, the bodily tissues most affected, symptoms leading to use of the oil, warnings, if any, and possible applications. The information is presented in the following order:

Common Name : The name under which the oil is most often found.

Family Name : Plant families often share therapeutic properties. Knowing that a specific essential oil is part of a family can tell you a lot about how to use the oil.

Botanical Name (s) : Specifically identifies genus and species, in case of confusion in common names. Synonyms, if any are provided in bracket along with correct names in use.

Other Name (s) : Occasionally oils may be listed under location of origin or distillation process.

Dosha Effect : The effect the oil will have in balancing the *doshas*. Abbreviations used are as follows:

V=Vata; P=Pitta; K=Kapha.

−: use of the oil will tend to lower the designated *dosha*.

+: use of the oil will increase the *dosha* forces in the body.

o : no change will be there.
= : means balancing to all *doshas*.

Taste	The tastes, contained in an oil will help the reader to determine its *dosha* effect; i.e., pungent (hot) taste causes VK to diminish and P to increase because VK are cold and P is hot.
PD Taste	This is the cumulative effect the oil will have on the body after digestion and assimilation. For instance, sweet will add tissue to the body and pungent takes away substance by increasing metabolism.
Energy	Every oil will heat or cool, help to hold moisture, or create dryness.
Actions	These are the therapeutic properties of the oil.
Tissues	The tissues most impacted by the oil.
Indications	Symptoms for which each oil may be of benefit.
Warnings	Specific uses or circumstances requiring caution or to be avoided.
Usage	How the oil is best applied.
Aroma	Aromas of essential oils are described under this heading.
Mixes Well With	Suggests other oils that work therapeutically with, or blend well with, the oil described.

Besides in the starting of each aromatic oil, the description of aromatic oil is described from various sources. Additionally at some places, more clarifications are provided under *Note* heading.

In developing the framework of this book, the works of various authors have been consulted, especially the book *Ayurveda & Aromatherapy* by Miller and Miller. The author gratefully acknowledges the authors, whose works have been consulted and used in writing the book.

In person, the author is indebted to his parents Shri *Ramlal Dhiman* and Smt. *Kamla Devi* for their blessings. *Aman*, the author's son also deserves appreciation, whom for the author could not spare much time which he needed while working on the monograph. In the last but not least, my sincere thanks are due to my wife Smt. *Yashoda Rani*, the co-authoress of many books in library science with me, who has been a source of inspiration to enable me to complete this work.

This is hoped that this monograph will serve as a quick reference guide for those who are interested in aromatherapy and the uses of essential oils.

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Chapter 1

INTRODUCTION

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INTRODUCTION

Aromatherapy seeks to harmonize and rebalance the body while enhancing the body's own healing process so as to promote the body's self-regulating, maintaining and healing capabilities. Aromatherapy also seeks to bring relief on emotional as well as physical levels. It provides relief and beneficial results for a vast array of conditions. These include treatment of skin care complaints such as dermatitis, acne, eczema, psoriasis, cellulite, varicose veins and stretch marks, among others. Aromatherapy can also provide emotional benefits to combated precision, hysteria, irritability, panic attacks, and difficulty with concentration, insomnia and moodiness. Additionally, it is utilized successfully to treat burns, bruises, sprains and strains, asthma, bronchitis, flu, muscular aches and pains, skin inflammation, and digestive problems such as constipation.

Aromatherapy is based on the use of pure essential and absolute oils. It is a holistic form of treatment, which has been found to work on the physical, emotional and spiritual levels. It is an alternative health therapy founded on a more holistic approach to coping with health problems and complaints. It is completely a natural, non-invasive treatment that treats the person as a whole as opposed to treating a disease or illness in isolation. On the whole, western medicine tends to isolate a patient's problem areas and health concerns and treats them alone, whereas traditional medicine, which is considered alternative medicine in the west, tends to use a more holistic approach. That is, it views the body as an integrated system so that when there is a medical problem in one area, the practitioner of alternative medicine determines the best way to return to proper whole-body function.

It utilizes essential oils and essences to promote health. Essential oils generally do not feel greasy and many of them do not leave an oily residue. These oils penetrate the skin very easily and get absorbed into the bloodstream where they will then be reabsorbed at different rates by different organs throughout the body. In fact it is an art, which must be learned properly to be used successfully. If one is seeking aromatherapy treatments, it is essential that one is dealing with a qualified aromatherapy practitioner because using essential oils is a precise and learned science. Further, if used incorrectly, essential oils can do more harm than good. They tend to be highly concentrated extracts, which are harvested by distilling a variety of plant materials including, but not limited to, flowers, leaves, fruit peels, wood, and grasses etc.

ORIGIN AND DEVELOPMENT OF AROMATHERAPY

Though, the aromatherapy was in use about 6000 years ago, but as it is known today, is relatively new term, which has been derived from the work of René-Maurice Gattefossé in the early part of the twentieth century. The historical development in the field of aromatherapy and essential oils can be studied under following heads:

EGYPT

It is widely thought that Aromatherapy began in Egypt. A medical papyri considered to date back to around 1555 BC contains remedies for all types of illnesses and the methods of application are similar to the ones used in Aromatherapy and Herbal medicine today. Egyptians used a method known as infusion to extract the oils from aromatic plants and incense was probably one of the earliest ways of using aromatics. Frankincense was burned at sun rise as an offering to the Sun God, Ra and Myrrh was offered to the Moon. The Egyptians were experts at embalming using aromatics to help preserve flesh. The Egyptians used to be massaged with fragrant oils after bathing.

CHINA

Aromatic herbs and massage were used in China long before the birth of the Christ. Along the Yellow River 5000 years ago, the Chinese were using Mugwort leaves and Calamus roots for hygiene purposes. Emperor Shen Nung's medical text *Herbal* dates back to about 2700 BC and it contains details on 365 plants. Emperor Huang Ti is credited with the Yellow Emperor's Classic of Internal Medicine (2650 BC). In his work, aromatic medicines and massage are referred to on several occasions. The book also forms much of the basis for acupuncture.

INDIA

The plants and plant extracts were being employed from at least 3000 B.C in India. *Vedas* are the oldest written records of knowledge in the world. In *Vedas* there is a mention of Basil, Cinnamon, Coriander, Ginger, Myrrh and Sandalwood. *Ayurveda*, the Indian system of medicine, had embraced herbs and aromatics as an important part of the philosophy of healing, using fresh herbs, dried herbs as tea, or dried or fresh herbs compounded into a powder and often formed into hand-rolled pills, using fresh plant juices. An early form of essential oil extraction involved pounding and grinding of the fresh or dried herb, and subsequent squeezing or expressing of the essential oil. The art of steam distillation, using ceramic or pottery stills, was perfected three to four thousand years ago and is still in use today.

Trade and wars brought many new herbs to India from the Far East, the Middle East, Egypt and Africa. Arab conquests in the Indian subcontinent a thousand years ago brought huge changes in the use of essential oils. The Arabs' distillation expertise allowed for the making of *attars*, using a co-distillation method where a very light volatile essential component, such as Jasmine, can be distilled with a very heavy essential oil component like Sandalwood, and the heavier component traps the light flowery component. Essential oil production continues to be an important industry in many small villages where the distillation apparatus designs have not changes for 3,000 years.

GREEKS

The Greeks acquired most of their knowledge from the Egyptians and used this further to strengthening their own discoveries. The most renowned Greek is of course, Hippocrates (460-370 BC), who became known as the 'Father of Medicine'. He adopted a holistic approach and advocated daily aromatic baths and massage. He wrote in his Aphorisms that `aromatic baths are useful in the treatment of female disorders'.

Asclepiades (200 BC), a Greek physician, believed in gentle therapies such as bathing, massage, music, perfume and wine. He was opposed to the use of purgatives and emetics which were so popular at that time.

ROMANS

Romans learned from the Greeks and became well known for scented baths followed by massage with aromatic oils. Pedacius Dioscorides of Anazarba wrote a five-volume book known as *De Materia Medica* in the first century AD. Its one of the volumes is full of information regarding the uses of plants and aromatics. Cypress, Juniper, Marjoram and Myrrh are mentioned among the 500 plants described in this study. He mentions *Kyphi* claiming that it is calming and helps to relieve asthma attacks. Other formulae include `Amarakinon' to treat haemorrhoids and menstrual difficulties, `Susinon' to treat fluid retention and 'Nardinon muron' for coughs and colds.

The Romans adored perfumes and aromatic oils and used them for massage and scenting their hair and clothing. In Rome, the *hetairi* or prostitutes used scent lavishly. Galen, the physician to the gladiators, prepared ointments and he also produced a `cold cream'. Crusaders, during the Holy Wars, brought back knowledge of herbal medicines and perfumes, handed down from the Romans.

MIDDLE AGES

In the middle ages at the time of the plague, it was discovered that certain aromatic derivatives helped to prevent the spread of infection. As such Lavender and other herbs made up into bouquets were used as protection against plagues. Frankincense and Pine were burned in the streets in the fourteenth century. Basil, Chamomile, Lavender, Melissa and Thyme were strewn on the ground and Chamomile lawns became popular. Perfumes were used likely in England as people hardly ever washed themselves, so the perfumes masked unpleasant natural body odours.

The revival of the use of essential oils is believed to be credited to a Persian Physician and Philosopher known as Avicenna, who lived from 980 – 1037 AD. There was already a crude type of distillation in operation but Avicenna refined it by extending the length of the cooling pipe and forming it into a coil. This enabled the condensation of steam and vapourized essence to be far more efficient. Rose water made from *Rosa centifolia* becomes popular. The Persians exported it to China and India and it was used for medicinal and culinary purposes. Perfumes were formulated using Roses, Lilies, Narcissi and Violets. The Arabs initiated a method of extraction known as distillation, and study of the therapeutic uses of plants once again became popular in the universities. The knowledge of distillation spread to their invading forces during the Crusades, and the lost process was once again returned to Europe.

Religious orders cultivated their own aromatic plants - in the twelfth century. The Germman Abbess, Hildegarde, was well known for growing Lavender.

SEVENTEENTH, EIGHTEENTH AND NINETEENTH CENTURIES

Many English herbalists emerged during the seventeenth century - the most renowned herbalists include John Parkinson, John Gerarde and Nicholas Culpepper. In 1653, Culpepper wrote his famous *Complete Herbal*. The plague wreaked havoc once more and aromatic herbs were popular. The perfumers enjoyed an immunity to the plague because they were surrounded by essential oils. Essential oils were being used in mainstream medicine for a host of internal and external diseases.

Although herbs and aromatics had been used in other world cultures for many centuries, it was not until the nineteenth century that scientists in Europe and Great Britain began researching the effects of essential oils on humans. During the nineteenth century, practically all herbalists and some doctors were using essential oils. Potions were mixed up in apothecaries - each had its own still. Scientists of the nineteenth century identified some of the chemical constituents of oils and gave them names such as `geraniol' and citronellol'. Unfortunately this led to the development of synthetic copies of the main constituents of oils. The use of herbs and essential oils declined greatly as the drug companies started to flourish. Synthetic drugs, sadly, can produce numerous side effects and can be toxic and harmful.

TWENTIETH CENTURY

The birth of modern aromatherapy can be attributed to the French Chemist René-Maurice Gattefossé. It was Gattefossé who coined the word `aromatherapy' in 1937 with the publication of his book *Aromatherapié*. It is said that after burning his hand in an experiment, he plunged it into the nearest liquid which happened to contain the Lavender oil. He used essential oils on the wound of soldiers who were injured during the First World War.

French doctor Jean Valnet, an army surgeon who had been influenced by Gattefosse's work, made an enormous impact on the aromatherapy world with the publication of his book *Aromatherapié* in 1964. His book is regarded as the aromatherapist's Bible. He had used essential oils treating war wounds and after the war he continued to use essential oils.

Madame Marguerite Maury (1895-1964) introduced aromatherapy into Britain in the late 1950s. She applied the essential oils, diluted in a carrier oil, using massage techniques. Now-a-days, aromatherapy is becoming an increasingly popular therapy for a wide range of ailments. It is practiced by the professional qualified clinical aromatherapists in hospitals, clinics, hospices and surgeries in many parts of the world. Modern day scientific researches have been and continue to be performed which verify not only the emotional but the physical benefits that aromatherapy provides.

ESSENTIAL OILS

In aromatherapy, essential oils are used to treat the persons. These are volatile, fragrant oils obtained from plants. Essential oils are distinguished from those known as fixed oils, which are mainly triglycerides of fatty acids. Essential oils have been produced and used for flavouring, incense, and medicinal purposes for many centuries. There are indications that crude preparations were known in ancient Egypt and Persia. The distillation of the essence of plants was described about the year 1500.

Essential oils are the droplets of water-like fluid contained in the leaves, stems, bark, flowers, roots and/or fruits of different plants, and give the plant its unique scent. These oils are easily transferred from a liquid to a gaseous state at room temperature or higher.

Essential oils, contrary to the use of the word "oil" are not really oily-feeling at all. Most essential oils are clear, but some oils such as Patchouli, Orange and Lemongrass are amber or yellow in colour.

For centuries, these essential oils have been considered the most therapeutic and rejuvenating of all botanical extracts. Essential oils can affect the mood, alleviate fatigue, reduce anxiety and promote relaxation. When inhaled, they work on the brain and nervous system through stimulation of the olfactory nerves.

Essential oils are often used by diluting them with a carrier oil like, Sweet Almond oil, Apricot Kernel oil, or Grapeseed oil, and then applying this blend to the skin for absorption. Most plants contain essential oils but only the aromatic plants produce essential oil in sufficient quantities. These plants mainly belong to:

- Lamiaceae (Labiatae) family - Examples : Caraway, Anise, Fennel;
- Myrtaceae family - Examples : Eucalyptus, Cajeput, Niaouli;
- Pinaceae (Conifer) family - Examples : Pine, Cedar, Cypress, Juniper;
- Rutaceae family - Examples : Lemon, Orange, Bergamot; and
- Lauraceae (Laurel) family - Examples : Cinnamon, Borneol, Sassafras.

Essential oils are mainly contained in the flowers and leaves of the plant. Besides this, they are also found in the wood, fruit, peels, bark, seeds and roots of the plants.

HOW ARE ESSENTIAL OILS EXTRACTED

Aromatherapy as stated earlier, involves the use of essential oils, which provide a calming sensation to soothe the body and mind. They can be extracted from plants by using the following processes:

STEAM DISTILLATION

Steam distillation uses dry steam to vapourize and extract the oil. Distillation is considered to be a straightforward process for extracting large quantities of essential oils. The disadvantage of steam distillation is that the heating process could impact the chemical constituents of the plant material.

HYDRO-DISTILLATION

Hydro-distillation involves the use of a common tub to boil water and plant material. It is not only the most ancient method of distillation but also the most versatile. Hydro-distillation is the best method for tough materials like nuts, wood or roots. The disadvantage of this method is that the apparatus could get overheated, thus burning the aromatics and resulting in a burnt smell.

SOLVENT EXTRACTION

Solvent extraction makes use of organic solvents in order to extract essential oils and oleoresins. *Solvent extraction* is a general method of extraction used on more delicate plant matter and oils that would be otherwise destroyed through steam distillation. To the purist this process also produces truer-to-nature scent, as the oils have not been exposed to extreme conditions. There are two main types of solvent extraction.

The first *solvent extraction* involves use of a hydro-carbon based solvent to remove oils and produces what is known as concrete. Concretes are generally extremely concentrated and highly stable as they contain more solid materials than essential oils produced through steam distillation. Another *solvent extraction* method is a multi-stage process which is used for delicate flowers such as Jasmine, Rose and Lilac. The petals are harvested and immediately macerating in fats that will absorb the essential oils. After the fats have become totally saturated with essential oils a hydrocarbon extraction is completed, removing the fats. A second extraction is performed using pure ethanol as a solvent. This extraction removes all traces of unwanted solids and the result is, what is known as an absolute. Besides, being quite delicate these flowers contain only trace amounts of essential oils and massive quantities of plant material are needed to produce only small amounts of oils. In fact a 2000 pounds of Rose petals are needed to produce only 10 fluid ounces of oil.

SUPERCRITICAL CARBON DIOXIDE METHOD

Supercritical Carbon dioxide method is the latest technological process used in essential oil extraction where carbon dioxide is used under high pressure to derive essential oils and oleoresins. It has high diffusion rates and it could penetrate a solid sample faster than liquid solvents. Supercritical Carbon dioxide method has been used for the extraction of natural products, hops and also for the decaffeination of coffee and tea.

But the most common method of extraction used today is steam distillation. This process involves the saturation of large quantities of plant matter with steam that evaporates and carries the essential oils that are water insoluble through a condensing apparatus. This device condenses the gases into liquids and the oil is separated from the water. This process yields the lowest grade oils and is unsuitable for extraction of many aromatics since the high temperatures can destroy the delicate composition of the oil.

APPLICATIONS OF ESSENTIAL OILS

There are specific methods where essential oils are used to realize their best effects. Aromatherapy techniques range from adding your choice of essential oil to your bath water to indulging in an aromatherapy massage. The aromatherapeutic effects of essential oils can be administered in different ways, depending on the oil and the effect. Before you choose a method, be sure to consult the aromatherapy cautions to ensure the essential oil you have chosen is suitable for your intended application. If you have any underlying medical conditions, talk to your doctor before commencing aromatherapy treatment. Following are the common methods of using aromatic oils.

AROMA DIFFUSER

An aroma diffuser consists of a burner, which has a lower compartment for a candle and a small saucer to be filled with water into which a few drops of essential oil are added. The heat of the candle gently evaporates the water and oil releasing the aroma. It is an enjoyable and effective way to scent a room with the fragrances of essential oils.

AIR FRESHENER

You can create your own aromatherapy air freshener quickly and easily with a simple spray bottle. To make your air freshener, you may put two ounces of pure water into the spray bottle. Add 50-75 drops of essential oil. Shake well and then spray into the air.

AROMATHERAPY LOTIONS

You can also add three drops of essential oil to one teaspoon of an unscented body lotion to create an aromatherapy lotion for skin care. This aromatherapy lotion can be massaged into hands, feet, or other areas on your body that need a little extra attention. If you have sensitive skin, do not use the aromatherapy lotion on your face.

BATH

Essential or aromatherapy oils can be used for a fresh bath at the end of a tiring day. For this, add 4-6 drops of essential oil to your warm bath tub and soak for 15 minutes. Then agitate the water well before getting into the bath tub. Rosemary, Lavender, Tea-tree and Thyme essential oils could be added to your bathing tub.

For a lightly bubbly, cleansing bath, add 1 teaspoon of Sunshine Concentrate. For relaxation, detoxification, or the folk remedy for sore joints, you can mix the oils with ½ to 1 cup of Epsom salts or sea salt and add to your bath water. Or try a sitz bath with just enough water to cover your lower body, and add 5 drops of essential oil.

The other way is to take the foot bath. To put life back into tired feet add up to 5 drops of an essential oil to a bowl of hand-hot water and soak the feet for ten minutes.

Note : Reduce the amount of oils used in baths for babies.

COMPRESSES

Compresses are also very effective means of applying essential oils directly to the skin. There are two types of compresses: hot and cold compresses. The hot compress is helpful in relieving chronic pain whereas the cold compress relieves pain, swellings and headaches. The process involves adding of 4-6 drops of the oil into very hot or cold water and mixing the two together. Place the cloth in the water and let it soak up some of the water. Wring out the cloth and place it on the affected area.

DIFFUSION

Using diffusion, you can add an aromatherapy effect to any room in your house or any area you wish. There are available a quiet, high quality nebulizing diffuser. 10 to 25 undiluted drops of your chosen essential oil can be placed or blended into the diffuser for use.

GARGLE OR MOUTHWASH

Essential oils can be of immense help in case of mouth problems. Add 3 drops of an essential oil to a teaspoon of vodka or water and use as gargle or as a mouthwash.

HAIR AND FACE OIL

Some oils are good for the skin and can be applied as a pre-bath facial or as a body lotion or moisturizer. Use 1 drop of essential oil to 2 teaspoons of carrier oil. For hair, massage the blend into the scalp and leave for 15 - 30 minutes before shampooing. For a hair rinse, add 4 drops of essential oil to 1 litre of water. Ensure the combination is well shaken to disperse the oil.

HUMIDIFIER

Put 10 drops of essential oil or oil blend into the water of the unit and use them as humidifier.

INHALATION

Inhalation of steam containing vapourized essential oils is often a very effective way to treat respiratory complaints.

It is also one of the most widely used methods of using essential oils for their mood-enhancing and emotion-stabilizing effects. However, when you do not have time to prepare a massage oil or compress, you can easily use one of the following methods to enjoy a quick aromatherapy effect.

Add eight drops of your choice of essential oil to a bowl of steaming water. Place a towel over your head and lean over the bowl. Breathe deeply for about five minutes. Or you can add neat essential oils to a handkerchief—Eucalyptus to help clear the head; Rosemary to clarify the mind and Tangerine because you like the smell. Or try a drop of Lavender on the children's pillows at night, good for grown-ups too.

MASSAGE

Massage is considered to be the best method of enjoying aromatherapy, as the oil is absorbed into the bloodstream. It is one the easiest ways of practicing aromatherapy at home. It combines the soothing feeling of rubbing to relax muscles with the healing properties of essential oils. A dilute blend of essential oils and carrier oils is massaged into the skin, which absorbs the active ingredients of the essential oil into the bloodstream. You can use any of the following methods:

Add three drops of your choice of essential oil to one teaspoon carrier oil , or 18 drops of essential oil to one ounce of carrier oil. Now, slowly massage the body or affected area using the essential oil mixture, remembering to manipulate the muscles underneath the skin rather than the skin itself.

POTPOURRI

This is a great way to rejuvenate and reuse old potpourri. To create an aromatherapy potpourri mixture:

Place a potpourri mixture in a bowl that's lost its scent or create your own potpourri base with a selection of dried flowers and leaves. Add 25 drops of essential oil. Mix the mixture and the oil. Seal the container tightly. Store the new potpourri for several days to allow the oil to be absorbed into the dried flowers and leaves.

SPRITZ

Add 10 to 15 drops of the essential oil or blend to 8 ounces of distilled water. Shake well before use.

BENEFITS OF ESSENTIAL OILS OR AROMATHERAPY

Essential oils provide many benefits. They can promote outer beauty while also positively affecting the inner you. Essential oils encourage a balance of physical and emotional well-being that may relax, inspire, refresh and soothe your senses. An essential oil blend can be created for therapeutic effect, the beauty of a fragrance - or both. Blending of essential oil is one of the most tempting features in aromatherapy.

STORING ESSENTIAL OILS

The shelf-life of most essential oils is about 12 months, if they are properly handled. Oils should be stored in a cool but not in cold place, where they are not exposed to sunlight. Once a carrier oil base has been opened, use within three months. Refrigeration of essential oils is not recommended since some oils can be spoiled by this procedure. Open bottles only for use and keep caps securely closed, as exposure to air speeds the deterioration of essential oils. Keep all bottle caps tight – otherwise they will evaporate quickly.

BUYING ESSENTIAL OILS

Essential oils are not the same as perfume or fragrance oils. They are often confused with synthetic fragrance oils, which are chemical recreations of scents made primarily from coal tar. While these fragrance oils may smell identical to their botanical counterparts, they do not feature the same chemical structure and will not have the same therapeutic effects. Their use is limited to perfumery. The chemical composition and aroma of essential oils can provide valuable psychological and physical therapeutic benefits. Unlike chemical drugs, essential oils do not remain in the body, and leave no toxins behind.

It is important to buy only pure essential oils if you want to achieve the best results. Synthetic and adulterated oils carry with them the risk of unpleasant and harmful side effects. Essential oils may be adulterated by adding alcohol, synthetic products or cheaper essential oils. Make sure or buy pure essential oils, not oils that have already been diluted in a carrier oil. The most important thing to look for when buying essential oils is that the oil is a true essential oil. Oils that say scented oils or fragrance oils are not essential oils and may not have any therapeutic benefit. Here are some other tips for buying the best essential oils.

- It is best to buy oils that have the botanical name on the label. Sometimes the common name may be a name that is used for different oils.
- Buy oils that come with instructions. Most reputable essential oils will have a users' guide available as well.
- When buying from market stalls, ask questions from the person selling the oils. Are they essential oils? How were they extracted? Can the person selling the oils offer you any advice? Most market stalls sell good quality products, but there are some stalls that are selling fragrant oils.
- Before buying your oils, do some research into the oils you are most likely to use and start with them. Lavender is a very inexpensive oil that is used for a wide range of complaints. It also smells nice!
- When buying essential body oils, check that the blend contains essential oils.
- Ask whether any chemicals or additives have been added to the oil? Essential oils should contain all-natural ingredients.
- When shopping for oils on the internet, look at a few different stores before purchasing to compare prices. Many internet companies sell wholesale essential oils, so there can be a great difference in price. A good internet storefront should offer some information

about the essential oils and how they can be used.

- Try searching for a place that sells wholesale essential oils. These can be quite a lot cheaper than brand names. You can find places that also sell wholesale essential oils, bath body products, massage oils and skin care products.

Besides, the price of essential oils can vary tremendously, depending on the type of oil you buy and where you buy it from. Some essential oils are relatively easy to obtain, keeping the price low. Others are more difficult to obtain, or need a lot of plants for a small amount of oil. These oils are more expensive.

Lavender is one of the cheapest oils to buy, and it can be used for a large number of problems. It usually sells for around five to ten US dollars per 10 to 15 milliliters. On the other hand, Melissa is a very expensive essential oil. Ten milliliters can cost anywhere between $30 and $300.

The most important thing to remember when buying essential oils is that cheaper rarely means better. Essential oils that seem very cheap may be cheap because they are not really essential oils at all. Oils that are not essential oils are meant to use the term fragrant or scented oils, but sometimes companies may label their oils incorrectly.

Also, a cheap essential oil may be inexpensive because the whole plant was used when extracting the oil, when only a portion of the plant should be used for the best results. When the whole plant is used, more oil is able to be produced; cutting down the price, but it may not have the therapeutic benefits of a more expensive oil. If you find essential oils that seem very inexpensive, it is worth asking how the oil was obtained.

Chapter 2

DISCUSSION ON AROMATIC OILS

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A

AJWAN

Ajwan is a wild celery seed found in India. It is known to occur in the foothills of North – Western Himalayas and outlying hills in the Punjab. The smell of Ajwan helps in nervous stomach, experiencing indigestion. If added to food, ajwan can stimulate a poor appetite and if inhaled, it can be beneficial for sinus congestion. Its gift is that it clears out deep-seated congestion and stagnation in both respiratory and digestive tracts.

Common Name : Ajwan
Family Name : Apiaceae (Umbelliferae)
Botanical Name : *Apium graveolens*
Other Names : Ajmoda, Wild Celery Seed
Dosha Effect : K V-, P+
Taste : Salty and pungent.
PD Taste : Pungent.
Energy : Heating and moisturizing.

Actions : Stimulant, expectorant, carminative, antispasmodic and lithotrophic.
Tissues : Plasma and nerves.
Indications : Common cold, bronchitis, respiratory infection, cough, laryngitis, bronchitis and arthritis.
Warning : Do not use, if hyperacid condition is present.
Usage : Food, tea, steam, massage lotion and gargle.
Aroma : Pungent, herbaceous and medicinal with a fresh almost green cuminic topnote.
Mixes Well With : Seaweed extract (external use) - Dhavana, Juniper, Eucalyptus, Camphor, Wintergreen, Sandalwood, Black pepper and Basil.

AMBER

It is used in India for many religious ceremonies. Amber is composed of a mixture of different essential oils including seasonal variations of Styrax, Sandalwood, Labdanum, and sometimes the Saffron. Its demand is high so it is made round the year. The formula varies according to family recipies and the availabilities of the oils. The pure amber portion of the oil blend is steam distilled from the fossilized resin fomid worldwide. It is very balancing and energizing to the *chakras*, especially the heart. Amber oil is calming, energy balancing and it protects the wearer from negative influences.

Common Name : Amber
Botanical Name : *Pinus succinifera*
Family Name : Pinaceae (Coniferae)
Dosha Effect : PVK–
Warning : Do not take internally.
Usage : Perfume, *chakra* anointment, lotions and salve.
Aroma : Smoky, tar-like, resinous, and like tanned leather.
Mixes Well With : Used as a base for men's cologne and aftershave because of its leather smell.

ANGELICA

It is good for all *dosha* types, except *Pitta* in excess. The Archangel of Healing is embodied in angelica, bringing strength, bravery and perseverance. The plant concentrates its strength in the root and brings the strength and substance of the earth element to us. This is found wild in western Himalaya between 2700-3000 m. Its oil is one of the first essential oils we reach for in any infection or immune deficiency. Its tonic nature builds tissue and also brings balance to hormonal excesses or deficiencies. One drop of angelica in four ounces of water as nasal drops is recommended as a remedy for nasal polyps. Excellent as inhalation for respiratory problems, added to food or tea for nervous stomach.

Common Name : Angelica

Family Name : Apiaceae (Umbelliferae)

Botanical Name : *Angelica officinalis*

Other Names : Archangelica, Choraka

Dosha Effect : V P K=, P+ (in excess).

Taste : Pungent and sweet.

PD Taste : Sweet.

Energy : Heating and moistening.

Actions : Stimulant, tonic, emmenagogue, carminative, diaphoretic, expectorant and alterative.

Tissues : Plasma, blood, muscle, marrow and nerve and endocrine reproductive.

Indications : Amenorrhoea, dysmenorrhoea, menstrual cramps, PMS, anaemia, headaches, colds, flus, arthritis, hiccups, rheumatic pain, poor circulation and adrenal excess.

Warning : Do not use with hypertension, high *Pitta* conditions generally cysts or tumors. Use with care during pregnancy as it may be phototoxic.

Usage : Inhalative, nose drops, massage oil, diffuser, tea, as an infusion and tincture.

Aroma	Light, somewhat peppery topnote, rich, somewhat herbaceous-earthy, woody bodynote, musky-animal-like all spicy undertone.
Mixes Well With	Rose, Immortelle, Keawa, St. Johns' wort, Yarrow, Vetiver, Rosewood, Petitgrain, Fennel, Eucalyptus, Dill, Cumin and Blue Chamomile.

ANISE

Anise is a native of eastern Mediterranean, western Asia and north Africa, but also cultivated in various parts of India. Its oil is very soothing to the nervous stomach, healing to the entire digestive system, and has a detoxifying effect on the liver. It is often used as an additive to oriental and middle eastern foods, and as a flavouring agent and as additive to many liquors. Anise seed is part of the mixture which is served at the end of an Indian meal to calm digestion. In addition to internal use, it can be massaged onto the abdomen to ease flatulence. Also as an excellent expectorant, it can relieve excessive mucous and coughing when administered in a cough syrup. It has aphrodisiac qualities and can be used for frigidity. Anise is used both internally and externally to relieve cramping.

Common Name	Anise
Family Name	Apiaceae (Umbelliferae)
Botanical Name	*Pimpinella anisum*
Other Names	Anisa, Mitha Jira, Saunf
Dosha Effect	VK-, P+
Taste	Pungent.
PD Taste	Pungent.
Energy	Heating and moisturizing.
Actions	Carminative, galactagogue, stimulant and diaphoretic.
Tissues	Stomach, lung, and small intestine.
Indications	Mucous, hard dry cough and gas.

Warning : May irritate ulcers; its excess use may cause dizziness.

Usage : Food or drink flavouring, massage oil, compress, inhalations and cough drops.

Aroma : Intensely sweet, clean, reminiscent of the crushed fruit.

Mixes Well With : Fennel, Cardamon and Clove.

B

BASIL

Basil is an attractive plant that adds the beauty to herbs, vegetables and flower gardens. It looks striking in containers and hanging baskets. Basil reduces migraines, headaches and sharpens concentration. The flowers and leaves of Basil can be dried for potpourri. Basil leaves can be added to the bath tub for relaxation and tea for digestion.

There are many varieties of basil. Many of them are found distributed in India. Most commonly used in aromatherapy in India, is *Tulsi* or *Basil Krishna*. Mythologically, it is said that *Krishna* always wore garlands of this basil around his neck. He used the holy basil to produce detachment, faith and devotion. It is known to be one of the most sacred plants of India, as it opens the heart and brings harmony to the mind. Basil has strong effects on the emotions, and can be very strengthening when suffering from fear or sadness. It has many properties that have been very beneficial in asthma and headaches. Basil can be particularly effective when used in a warm compress over the liver and gall bladder.

Common Name : Basil

Family Name : Lamiaceae (Labiatae)

Botanical Name : *Ocimum basilicum*

Other Name : Tulsi

Dosha Effect : VK-, P + in excess

Taste : Pungent.

PD Taste : Pungent.

Energy : Heating and neutral.

Actions : Diaphoretic, febrifuge, nervine, antispasmodic, antibacterial, antiseptic, cephalic, emmenagogue and antifungal.

Tissues : Plasma, blood, marrow and nerves, reproductive organs, liver and lungs.

Indications : Colds, cough, sinus congestion, headaches, arthritis, rheumatism, fevers, abdominal conditions, pregnancy, nursing, asthma and poor clarity of mind.

Warning : Avoid use in high *Pitta* condition and pregnancy.

Usage : Tea, juice, medicated ghee, cooking, inhalation, compress and aroma lamp.

Aroma : Sweet-spicy, slightly green, fresh, with faint balsamic-woody undertone and a lasting sweetness.

Mixes Well With : Camphor, Rosemary, Juniper, Lemon, Eucalyptus, Myrtle, Lavender, Opoponox, Bergamot, Clary sage, Lime and Oak moss.

Note : In India, commercially the oil is also produced from *O. killimau-oscharicum* species, which is commercially called Camphor basil and traditionally as *Kapur Tulsi.* It is cultivated throughout the country. Another *Tulsi*, that is considered most sacred, is *O. sanctum.* It is cultivated in pots or on brick or earthen pillars with hollows at the tops in which soil is deposited, near or in every Hindu's house. It is daily watered and worshipped by all family members. The Rosaries made out from the beads of its woody stem are used to count the number of recitations of their deity's name by the Hindus.

BAY

There are two species of plants distilled in two different parts of the world and sold under the name Bay. The Bay from Europe is in the Laurel family and the bay from the West Indies is in the Myrtle family. Both of them have many similar properties. Bay is very effective for dry scalp and hair; one may add it to shampoo and cream rinses. Several drops in a water solution can stimulate nail growth and strength. Bay can be useful for the respiratory tract, also easing congestion or colds, especially in combination with Eucalyptus and Rosemary.

Common Name : Bay
Family Name : Lauraceae
Botanical Name : *Pimenta racemosa*
Dosha Effect : V KP+
Taste : Pungent, bitter and astringent.
PD Taste : Pungent.
Energy : Heating, and drying.
Actions : Stimulant, expectorant, antiseptic, analgesic, carminative and antineuralgic.
Tissue : Hair, nails, stomach and small intestine.
Indications : Respiratory problems, infectious diseases, muscular & articular pain, neuralgia and scalp dryness.
Warning : In excess, can cause cramping.
Usage : Food, lotion, oil treatment, massage oil and compress.
Aroma : Fresh, spicy, somewhat medicinal, a lasting, sweet-balsamic undertone, may be nauseating to some people.
Mixes Well With : Lavender, Eucalyptus, Lemon, Rosemary, Petitgrain, Geranium, Citronella, Cinnamon and Ylang-ylang.

BENZOIN

Benzoin is obtained from *Styrax benzoin*, which is a native of Malayan Archipelago, but now is cultivated in many parts of India. *Buddhists* and *Hindus* burn this as incense in their various religious worships and in Europe, the Roman Catholics and members of the Greek Church burn it as sacred.

It is excellent for use in perfume mixtures because it is a fixative and will hold on to the lighter notes, and because it is a preservative and will prevent oils from becoming oxidized. It is very beneficial to an irritated nervous system and can be useful in depression, PMS and stress. Externally, it can be used to promote the healing of wounds. It is also used by estheticians for dry, irritated skin and to soften scars.

Common Name : Benzoin
Family Name : Styraceae
Botanical Name : *Styrax benzoin*
Other Name : Luban
Dosha Effect : VPK-
Taste : Sweet, bitter and pungent.
PD Taste : Sweet.
Energy : Heating and moisturizing.
Actions : Nervine, diuretic, balancing, antiseptic, expectorant, anti-inflammatory and preservative.
Tissues : Skin, nerves, respiratory, urinary, and hormonal.
Indications : Nervous conditions, depression, PMS, irritability, stress, throat infection, coughs, bronchitis, asthma, dry cough, irritated skin, circulation, genito-urinary infections, skin cuts and infections.
Warning : None.
Usage : Compress, perfumes, massage oils and salve.
Aroma : Pleasant, sweet-balsamic with distinct note of vanillin.

Mixes Well With : Almost any oil, especially as a fixative and preservative.

BERGAMOT

Bergamot is primarily used in aromatherapy for its antiseptic properties, which are in some cases as effective as Lavender. Bergamot has a wonderful smell and can be used to improve the odour of antiseptic blends in a diffuser. It is perhaps one of the most useful oils for helping with emotional balance. It gentle smell is uplifting and opening without being too aggressive. Bergamot can be used in a compress directly over the liver and gall bladder in liver congestion and gall bladder obstruction.

Bergamot is made from the skin of a citrus fruit that is grown almost exclusively in the southern tip of Italy and a few places in the Mediterranean.The bergamot essential oil is mainly cold pressed. Sometimes it is sold as bergaptene free for more gentle use on the skin. It is also possible to buy steam distilled bergamot essential oil which is used for the treatment of choice for skin, but is very expensive. Because many of the components of bergamot oil are filtered through the urinary tract, it can be very useful in kidney and bladder infections. It is excellent for addictions. If taken orally, it also helps to calm the digestion. Externally, it is very effective in working with skin irritations. It can also help to reduce the fevers.

Common Name	:	Bergamot
Family Name	:	Rutaceae
Botanical Name	:	*Citrus bergamia*
Dosha Effect	:	VK-, P+
Taste	:	Sweet, sour and astringent.
PD Taste	:	Pungent.
Energy	:	Heating and drying.
Actions	:	Antiseptic, antipyretic, antidepressant, vulnerary, antispasmodic, astringent and appetite stimulant.

Tissues : All elements.

Indications : Gingivitis, sore throat, cystitis, vaginal itching, fungus, fever, lost appetite, colic; flatulence, intestinal parasites, emotional imbalance, acne, psoriasis, eczema and bladder infection.

Warning : Do not apply oil to skin in greater than 0.5 to 1% diluted form in base oil.

Usage : Tea, mouthwash, compress, aroma lamp, lotion; perfumes, massage oil, bath and inhalation.

Aroma : Rich, sweet-fruity initial odour, followed by a still more characteristic oily-herbaceous and somewhat balsamic body and dryout; its sweetness yields a more tobacco-like and rich note, somewhat reminiscent of Clary sage and neryl-acetate.

Mixes Well With : Cypress, Jasmine, Juniper, Lavender, Neroli, Lemongrass and all citrus.

BIRCH

The sap of the Birch tree is collected in the same way as the Maple. It is collected in buckets and boiled into a syrup. It has historically been used to make birch or root beer. Its bark is often distilled with wintergreen leaves and birch oil has often been substituted for wintergreen. It is sometimes used in after shave lotions because it has a smell reminiscent of leather. Its most therapeutic uses involve external application especially for sore, cramped muscles, and for skin or scalp irritations. It is excellent as an addition to shampoos because it promotes hair growth.

Common Name : Birch

Family Name : Betulaceae

Botanical Name : *Betula lenulta*

Dosha Effect : P K-, V +

Taste : Bitter and pungent.

PD Taste : Pungent.

Energy : Cooling and moisturizing.

Actions : Diaphoretic, diuretic, analgesic, astringent, dissolves uric acid and alterative.

Tissues : Joints, muscle, scalp, kidneys and skin.

Indications : Rheumatism, wounds, sore or cramped muscles, tendinitis, skin rashes, ulcers, cellulitis and toxin & fluid accumulation.

Warning : Do not use if excess *Vata*, and underweight.

Usage : Bath, massage oil, compresses and treatment for hair loss.

Aroma : Bark strikingly similar to methyl salicylate, bud pleasant woody-green and balsamic odour.

Mixes Well With : Wintergreen, Eucalyptus, Myrtle, Juniper, Orange, Lavender, Pine, Fir and Rosemary.

Note : Birch is a deciduous tree of the genus *Betula* which is distributed over much of North America, in Asia south to the Himalaya, and in Europe. Its about 40 species are known. The sweet birch, *B. lenta* , the yellow birch, *B. alleghaniensis*, and the paper birch, *B. papyrifera*, are all important timber trees of the eastern United States. The yellow and the paper species extend into Canada. The gray birch, *B. populifolia*, is a smaller tree of the extreme northeastern United States and adjacent Canada.

In India, this plant is botanically known as *Betula utilis* and is found throughout the Himalayan range from Bhutan westwards ascending upto 4267 m. The bark of this tree is well known as the material upon which the ancient Sanskrit manuscripts of Northern India are written. The earliest classical Sanskrit writers attest the use of the birch-bark for literary purposes. *Kalidasa* mentioned it in his dramas and epics; *Sushruta*, *Varahmihira*, knew it likewise. All ancient religious books were written on birch bark.

BLACK PEPPER

Black pepper is one of the oldest and most important of the spices and it is a native of India or Indomalaysia. Black pepper is the dried, unripe fruit of a weak climbing vine. Its fruits are small one-seeded berries which, in ripening, undergo a colour change from green to red to yellow. When in the red stage, they are picked, sorted, and dried. The dry, wrinkled berries or the peppercorns, are ground to make the familiar black pepper of commerce. White pepper is obtained by grinding the seed separately from the surrounding pulp.

Black pepper oil is used in a formula for weight loss. As a carminative it can be added to foods. Occasionally, it is used in blends for energetic enhancement. Also used for toothache as direct application to them and externally for joint and muscle aching.

Common Name	:	Black Pepper
Family Name	:	Piperaceae
Botanical Name	:	*Piper nigrum*
Other Name	:	Marich (Sanskrit name for sun), as it contains large amounts of solar energy.
Energy	:	Heating and drying.
Dosha Effect	:	K-, P V + (in excess)
Taste	:	Pungent and bitter.
PD Taste	:	Pungent.
Energy	:	Heating and drying.
Actions	:	Stimulant, expectorant, carminative, febrifuge, anthelmintic and diuretic.
Tissues	:	Plasma, blood, fat, marrow, nerve, spleen, urinary tract and digestive.
Indications	:	Chronic indigestion, toxins in colon, degenerated metabolism, obesity, sinus congestion, intermittent fever and cold extremities.
Warning	:	Do not use with inflammatory conditions of the digestive organs and high *Pitta*.
Usage	:	Weight reduction, cooking, lotion and compress.
Aroma	:	Fresh, dry-woody, warm-spicy, reminiscent of dried black pepper and elemi, cubeb and other

high terpene-sesquiterpene oils.

Mixes Well With : Orange, Cypress, Ginger, Ajwan, Birch, Anise seed, Rose, Sandalwood, Frankincense, Lemon and Basil.

Note : In India, it is probably originated in the hills of South – Western parts and Assam, where it is met with in a wild state in the rain forests from North Kanara to Kanyakumari in southern Kerala. Now, it is extensively cutivated in hotter and moist parts of the country, particularly in Konkan, Malabar, Travancore and other parts in the southern region. The green or fresh *Maricha* differs with that of its dried fruits but normally, its dried fruits are used as the commercial drug *Maricha*. In general, the drug is alterative, anthelmintic, appetizer, carminative, febrifuge, stimulant, tonic and urinary-antiseptic. It is administered in a number of diseases as single drug, ingredient of several formulations and also as component of *Trikatu* comprising of three major pungent drugs viz., *Sunthi*, *Maricha* and the *Pippali*. Its decorticated fruits are known by the name *Sweta maricha* are also used in eye – diseases.

BLUE CHAMOMILE

It is a native pant of Europe and north-west Asia, but got naturalized in north America and some other countries. In India, it is found in Punjab, Himachal Pradesh and Uttar Pradesh. Blue Chamomile, along with Rose, Lavender, and Geranium, are some of the few oils that can be used directly on the skin, in small amounts, in part due to their mild, neutral nature, and in part due to the natural oil on your skin. When one drop of Blue Chamomile is rubbed onto an external bruise, it blends with natural skin oil and is especially potent and effective. A favourite for burns, fevers and skin irritation, it also has extensive internal use due to its immune building and anti-inflammatory properties.

Common Name : Blue Chamomile

Family Name : Asteraceae (Compositae)

Botanical Names : *Matricaria recutita* (*M. chamomilla*)

Dosha Effect	: P V-, K + (in excess)
Taste	: Sweet and bitter.
PD Taste	: Sweet.
Energy	: Cooling and drying.
Actions	: Anti-inflammatory, immuno-stimulant, analgesic, antispasmodic, sedative, emmenagogue, anti-anaemic, digestive, cholagogue and hepatic.
Tissues	: Skin, and all tissues.
Indications	: Dermatitis, inflamed skin, leukocyte formation, arthritis, abscess, colic, colitis, headache, insomnia, irritability, amenorrhoea, dysmenorrhoea, menopause, teething, toothache, anaemia, digestive problems, liver/spleen congestion, feminine reproductive problems, anger, tantrum, and burns.
Warning	: None.
Usage	: Massage oil, skin lotion, aroma lamp, inhalation, baths, food and drink.
Aroma	: Intensely sweet, herbaceous-coumarin-like odour with a fresh-fruity undertone; dryout is pleasant sweet tobacco-like and warm (of mellow and aged oil); freshly distilled, an obnoxiously animal-sweet and amine-like note.
Mixes Well With	: Lavender, Cajeput, Tea tree, Rose, Yarrow, Angelica, Calamus, Bergamot, Cardamon, Sandalwood and Geranium.

Note : In its oil two of the components, bisabolol and chamazulene are found, which are powerful antiseptic. Chamazulene relives pain, promotes healing of wounds and is anti-inflammatory and antispasmodic. When it is applied externally, it helps recovery from burns and soothes eczema. While bisabolol speeds up the healing of ulcers and prevents its reoccurrence.

BRAHMI

Brahmi is the medicated oil of the Brahmi leaves. It is a common edible groundcover found in much of the tropics, and is said to be the preferred food of the mother elephant during her entire pregnancy. In Ayurveda, it is known as the rejuvenator for all systems in the body and is one of the most commonly used medicated oils. Brahmi oil can be found occasionally in a steam distilled form that is quite costly. Brahmi is excellent for hair growth and the prevention of baldness.

Common Name	:	Brahmi
Family Name	:	Apiaceae (Umbelliferae)
Botanical Names	:	*Centella asiatica* (*Hydrocotyle asiatica*)
Other Name	:	Gotu Kola
Dosha Effect	:	V P K–
Taste	:	Bitter and sweet.
PD Taste	:	Sweet.
Energy	:	Cooling and moistening.
Actions	:	Nervine, tonic, alterative and rejuvenative.
Tissues	:	All tissues.
Indications	:	Hair loss, muscle spasms and skin conditions.
Warning	:	In sensitive individuals, may aggravate itchiness of the skin.
Usage	:	Massage oil, conditioner and shampoo.
Aroma	:	Sweet, fruity, medicinal but fresh herbal smell.
Mixes Well With	:	Sandalwood.

Note : In India, this herb is found in marshy places upto 1828 m. And whole plant is used to enhance the memory, especially in children.

C

CAJEPUT

Cajeput grows wild in the hills and salt-marshes. Its oil is an excellent haemostatic and is highly antiseptic. Its smell, which is similar to Eucalyptus, can be useful in inhalations for bronchial conditions. It can be used in a gargle with Sandalwood oil for sore throat by adding 1 drop cajeput, and 1 drop Sandalwood in one half cup water. This has been used with success by many singers who have lost their voice through a combination of stress and colds. Cajeput is most effective when massaged around the voice box to alleviate the associated muscle tension. It is excellent for joint and muscle distress as it blends well with Eucalyptus, Rosemary, Juniper, and Camphor as a liniment, very strong massage oil or compress.

Common Name : Cajeput
Family Name : Myrtaceae
Botanical Name : *Melaleuca leucadendra*
Other Names : Katupruhi, Paper Bark Tree

Dosha Effect : K V-, P+

Taste : Bitter, pungent and sweet.

PD Taste : Pungent.

Energy : Heating and moisturizing.

Actions : Antiseptic, antispasmodic, expectorant, analgesic, anti-neuralgic and haemostatic.

Tissues : Skin and epithelial.

Indications : Colds, throat diseases, pains, headaches, bronchitis, diarrhoea, urinary tract infections, stomach cramps, inflammation of small intestine, nervous vomiting, intestinal parasites, rheumatism, neuralgia, earaches, toothaches, psoriasis and acne.

Warning : In high dosage, may cause vomiting and stomach irritation.

Usage : Throat lozenges, gargles and ear oil.

Aroma : Powerful, fresh, eucalyptus-like, camphoraceous odour, almost fruity-sweet body notes and soft tones in the dryout.

Mixes Well With : Eucalyptus, Rosemary, Camphor, Juniper, Cypress and Tea tree.

Note : Cajaput tree is indigenous to Myanmar, Cambodia, Thailand and Malaya Peninsula to Australia. In India, it is grown in gardens. Its fresh leaves and terminal branchlets yield, on steam distillation, a volatile oil, sold in the market under the trade name Cajapet oil. This is used in medicine and as a constituent of various ointments and liniments; efficacious as a counter irritant in chronic rheumatism. It is valued as a mosquito repellant and has the advantage over Citronella oil in that it is less volatile.

CALAMUS

Calamus is known to strengthen the adrenals. It is useful in periods of weakness, beneficial for gingivitis, can be a stimulant to lymphatic drainage. It provides relief in extreme back pain. It has a very strong and somewhat unpleasant odour, which is reminiscent of male goat. Fortunately, this can be overcome by using sweeter oils like Lavender. It increases endurance and stamina. This is an oil that is recommended to be used only externally. Calamus does contain components that are known carcinogens. While thousands of years of herbal use in India have demonstrated its clinical effectiveness and safety, so it is not recommended for internal use.

Common Name : Calamus
Family Name : Araceae
Botanical Name : *Acorus calamus*
Other Names : Bhadra, Sweet Flag
Dosha Effect : V K-, P+
Taste : Pungent, bitter and astringent.
PD Taste : Pungent.
Energy : Heating and drying.
Actions : Stimulant, rejuvenative, expectorant, decongestant, nervine, antispasmodic and emetic. Besides, it also has effects on nervous, respiratory, digestive, circulatory and reproductive systems.
Tissues : Plasma, muscle, fat, marrow and nerve, reproductive.
Indications : Colds, cough, asthma, sinus headaches, sinusitis, arthritis, epilepsy, shock, coma, loss of memory, deafness, hysteria and neuralgia.
Warning : Not recommended for internal use, can cause bleeding disorders, including nose bleeds and haemorrhoids.
Usage : Externally in compress or massage oil.
Aroma : Warm woody-spice and pleasant odour with increasingly sweet aftertones and great tenacity.
Mixes Well With : Lavender and Ginger, Lemon and Orange,

Yarrow, Eucalyptus, Myrtle, Birch, Cinnamon, Labdanum, Olibanum, Patchouli and Cedarwood.

Note : This is found almost throughout India in marshy places, ascending in the Himalayas upto 1828 m in the Sikkim. And its rhizomatous stocks are used medicinally.

CAMPHOR

Camphor can be produced synthetically, so it is important to make sure that the camphor you are purchasing is from natural sources and is steam distilled. Also, when camphor is steam distilled it is fractionalized. Its fractions are named white, brown and blue. Blue camphor is the heaviest, consisting mainly of sesquitetpenes and sesquiterpene alcohols of weak odour. It is used in perfume as a fixative but not readily available. Brown camphor contains up to 80 percent safrole, which is a known carcinogen and should be avoided at all costs. White camphor is more commonly sold. This is the oil that is used for medicinal purposes in China, Japan and India. Camphor increases *prana*, opens up senses and brings clarity to the mind, eases headache and awakens perception. It is a good stimulant and counter-irritant for joint and muscle pain. In excess, camphor acts as a narcotic poison, aggravating *Pitta* and *Vata*.

Common Name	:	Camphor
Family Name	:	Lauraceae
Botanical Names	:	*Cinnamomum camphora* (*Camphora officinarum*)
Other Names	:	Karpura, Kapur
Dosha Effect	:	K V-, P+ (in excess)
Taste	:	Pungent, sour.
PD Taste	:	Pungent.
Energy	:	Heating and moisturizing.
Actions	:	Expectorant, decongestant, stimulant, antispasmodic, bronchodilator, nervine, analgesic, and

antiseptic. Besides, it also has effects on respiratory and nervous systems.

Tissues : Plasma, blood, fat, marrow and nerve.

Indications : Bronchitis, asthma, whooping cough, pulmonary congestion, hysteria, epilepsy, delirium, insomnia, dysmenorrhoea, gout, rheumatism, nasal congestion, sinus headaches, eye problems and tooth decay.

Warning : Use only in low dosage of 3-5 drops per oz. of vegetable oil.

Usage : Massage oil, compress, salve, inhalation diffuser, lotions.

Aroma : Strong, sharp, bitter and medicinal.

Mixes Well With : Rosemary, Eucalyptus, Frankincense, Juniper and Wintergreen.

Note : Camphor is native of Japan, China, and Taiwan, now got naturalized and is planted some gardens in India upto 1200 m in the North Western Himalayas. It is used in 'puja' by Hindus that is obtained by sublimation from the wood of plant.

There are available other camphors in the market besides, the natural camphor. First one is *Bhimseni kapur* or *Borneo* camphor, obtained from *Dryobalanops aromaticus*. This is a lofty tree of Sumatra, Malaya Peninsula and Borneo. This *kapur* is found in the cavities or fissures of the wood and is collected by scarping. It is not volatile at ordinary temperature and possesses a characteristic pungent odour and burning taste. Chemically Borneo camphor is almost pure. It is converted into ordinary camphor by treatment with boiling nitric acid. The other one is *Nagai kapur* or *Blumea* camphor, which is obtained by distillation of leaves of *Blumea balsamifera*, of sub-tropical Himalayas, Nepal, Sikkim and Assam. Another most interesting camphor yielding plant is *Ocimum killimau-oscharicum*, introduced from Sudan (Africa) by the Forest Research Insitute, Dehradun. It is growing well in teak forest of Top Slip (Tamil Nadu and Kerala) where it is regenerating freely. This *kapur* is known as *Tulsi-kapur*.

CARAWAY

Caraway is an important spice, which is a native of Europe and western Asia. It is now cultivated in many temperate areas of both hemispheres. Its small, brown, and slightly curved fruits are used in perfumery, cookery, confectionery, in medicine, and for flavoring beverages.

Caraway is traditionally used in European baking as an additive to bread, to aid in the assimilation of starch. It is known to reduce gas or the flatulence. Caraway is not commonly used in aroma therapy. In India, its oil is used for parasites in a *basti* or enema. It can also be helpful in mental clarity and alertness.

Common Name : Caraway
Family Name : Apiaceae (Umbelliferae)
Botanical Name : *Carum carvi*
Other Names : Jira, Sushavi
Dosha Effect : KV-, P+
Taste : Pungent.
PD Taste : Pungent.
Energy : Heating and drying.
Actions : Carminative, stimulant, depurative and antispasmodic.
Tissues : Digestive and scalp.
Indications : Indigestion, gas, colic, nervous conditions, accumulation of toxins and fluids.
Warning : Can make skin more sensitive to sunlight.
Usage : Cooking, perfumes in very diluted percentage and tummy rub for gas .
Aroma : Crude is strong and peculiar odoured typical of the fruit with a fatty-harsh undertone, initial note of nauseating, almost amine-like type, which is rectified, stronger and less fatty.
Mixes Well With : Dill, Fennel, Anise, Basil and Jasmine.

CARDAMON

Cardamon is a spicy plant that is a native of India. Its small, light-coloured seeds, borne in capsules, have a delicate flavour. Cardamon has been an important spice in the orient for centuries, it is used in curries, cakes, pickles, and in general cooking, as well as in medicine. In India, its seeds are used as a favourite masticatory.

Cardamon stimulates the mind and heart and brings clarity and joy. When added to milk, it neutralizes its mucous-forming properties and detoxifies caffeine in coffee. Its quality is sattvic and it is particularly good for opening and soothing the flow of the *pranas* in the body. It helps to stop vomiting, belching, or acid regurgitation. Cardamon is good for the nervous digestive upset of children or of high *Vata*. It helps to digest fats and starches, and stimulate the spleen, and to open the heart. It also brings mind clarity and stability, joy, and festivity. It is also used as an antidote to caffeine, excellent for low digestive fire. Good for *Vata* because it kindles *agni*, the digestive fire. It also removes excess *Kapha* from the stomach and lungs.

Common Name : Cardamon
Family Name : Zingiberaceae
Botanical Name : *Eletarria cardamomom*
Dosha Effect : V K-, P+ in excess
Taste : Pungent and sweet.
PD Taste : Pungent.
Energy : Heating and moisturizing.
Actions : Stimulant, expectorant, carminative, stomachic, diaphoretic and aphrodisiac.
Tissues : Plasma, blood, marrow and nerve.
Indications : Colds, cough, bronchitis, asthma, hoarse voice, loss of taste, poor absorption, indigestion and impotence.
Warning : Do not use with ulcers, high *Pitta*.

Usage : Tea, coffee, aroma lamp, perfume, massage oil, bath and food.

Aroma : Warm spicy, aromatic with a balsamic floral undertone.

Mixes Well With : Orange, Anise, Rose, Bergamot, Caraway, Ginger, Shamama, Jatamansi, Olibanum, Ylang-ylang, Labdanum, Neroli, Cedarwood and Coriander.

CARROT SEED

Carrot is a biennial umbellifer of Asiatic and Mediterranean origin. In India, it is much cultivated in the fields as vegetable. Carrot seed comes in a cold-pressed form and also a steam-distilled form, which is more expensive. It has many uses in skin care. It tones and tightens the skin, especially good to repair aging or damaged skin. Effective when experiencing feelings of separation, fogginess, and dizziness.

Common Name : Carrot Seed

Family Name : Apiaceae (Umbelliferae)

Botanical Name : *Daucus carota*

Other Name : Gajar

Dosha Effect : VPK=

Taste : Sweet, pungent.

PD Taste : Sweet.

Energy : Heating and moisturizing.

Actions : Increases tanning, tonic, depurative, stimulates elasticity, helps nourish, tighten, revitalize and rejuvenate skin, stimulates lymph system, aids women's milk production.

Tissues : Skin, lymphatic, liver system and GI tract.

Indications : Abscesses, boils, ulcers, skin disorders, liver and gall bladder disorders, hepatitis, colitis and enteritis.

Warning : Over exposure to sun may cause discolouration.
Usage : Spice blends, seasonings, skin lotion, masks, food and drink.
Aroma : Peculiar dry-woody, somewhat root-like, earthy odour; the initial notes are sweet and fresh, but tenacious undertone and dryout is very heavy, sweet-earthy, fatty-oily and slightly spicy.
Mixes Well With : Geranium, Lavender, Rose, Dhavana, Sandalwood, Jatamansi, Vetiver, Citrus oils and Cedarwood.

CASSIA

Cassia essential oil contains medicinal qualities similar to cinnamon but its smell is sweeter arid more pleasant. This oil is used to give colours to many perfume blends. In certain areas the primitive distillation apparatus, still used, contains copper piping which gives a red tone to the oil. Rare because it comes from China and Vietnam. Cassia is also cultivated in some parts of India; and also runs wild in mountainous regions.

Common Name : Cassia
Family Name : Lauraceae
Botanical Name : *Cinnamomum cassia*
Other Names : Canela, Formosan Wood
Dosha Effect : V K-, P+
Taste : Sweet and astringent.
PD Taste : Sweet.
Energy : Heating.
Action : Stimulant and circulatory enhancer.
Tissues : Blood and circulatory.
Indications : Vomiting, gastritis, irritation and headaches.
Warning : Too much can be irritating to the skin.
Usage : Flavouring, massage oils, perfumes, lotions and aroma lamps.

Aroma : Intensely sweet with a somewhat balsamic undertone.

Mixes Well With : Cardamon, Fennel, Orange and Bergamot.

CEDARWOOD

This oil is from the Juniper family and is quite different from Himalayan cedar. Originally, its wood was used in construction because it was a repellent to moths and other insects that consumed clothes. It is very useful for discouraging any insects, including mosquitoes and fleas. Cedar should be avoided during pregnancy as a possible abortifactant. Its fragrance is wonderful for cleansing the atmosphere in a room; also a disinfectant for urinary tract infections, but should be avoided in acute kidney infections. Its use is quite wonderful for sore joints and muscles. It also has multiple uses for oily skin and acne and will help provoke an overdue menstrual cycle.

Common Name : Cedarwood

Family Name : Pinaceae (Coniferae)

Botanical Name : *Juniperus virginiana*

Dosha Effect : P, K-, V+

Taste : Bitter, sweet and pungent.

PD Taste : Pungent.

Energy : Heating and drying.

Actions : Antiseptic, expectorant, diuretic, nervine and rejuvenating.

Tissues : Urinary, skin and scalp.

Indications : Bronchitis, urinary infections, fear, nervous tension, aggression, psychological disconnectedness, oily hair and hair loss.

Warning : Contains thujon, should not be taken orally in high doses, not to be taken when pregnant; can irritate central nervous system, burn stomach lining, and cause severe thirst.

Usage : Soap perfumery, mosquito-repellent, disinfectant, insecticide, cleansers, compresses, teas, baths, massage oil and inhalations.

Aroma : At first, oily, mild and pleasant, somewhat balsamic, the odour becomes drier, more woody, less balsamic as oil dries.

Mixes Well With : Juniper, Camphor, Eucalyptus, Sandalwood, Patchouli, Vetiver and Citronella.

Note : There are found various varieties of Cedars.

Alaska Cedar (*Cedrus nootkatensis*), found from Oregon to Alaska, grows to 35 m in height, and has larger spherical cones which are nearly 0.6 cm in diameter. Its wood is used for interior finish, cabinetwork, small boats, and furniture. It is also grown as an ornamental tree.

Cedar of Lebanon, a native of Asia Minor, has cones of 7.5-10 cm length and are 4.0-6.5 cm in diameter. It is sometimes cultivated in the United States. The Cedar of Lebanon (*Cedrus libani*) and Atlas Cedar (*C. atlantica*) resemble the larch, but the leaves are evergreen and the cones are much larger and erect on the branches. The Atlas cedar is hardier, and the variety glauca is popular as an ornamental.

Cigarbox Cedar (*Cedrela odorata*), also known as the West Indian cedar, belongs to the mahogany family, is a broad-leaved tree with pinnate, deciduous leaves and is related to the Ailanthus and sumac. Its wood is very durable and fragrant and is valued in the West Indies for the manufacture of cabinets, furniture, and canoes. It seldom grows well in the northern United States.

Eastern Red Cedar (*Juniperus virginiana*), is the Cedar from which the Cedarwood oil is obtained and this oil and its properties are described above. It may reach a height of 25-27 m, and is distributed over the eastern United States and adjacent Canada. Its evergreen and scalelike leaves, occur in four rows lengthwise on the branchlets, giving a four-sided appearance. On young trees or on vigorous shoots the leaves are needlelike, sometimes in threes. The fruit is spherical, berrylike, about 0.5 cm in diameter, and borne on the female tree. Male trees bear only stamens. The very fragrant wood is durable in the soil and is used for fence posts, chests, wardrobes, flooring, and pencils. Cedarwood oil is used in medicine and perfumes.

Incense Cedar (*Libocedrus decurrens*), a beautifully formed tree which grows to 40 m, is found from Oregon to western Nevada and Lower California. Its cones are 1.8-2.5 cm long, resemble those of arborvitae. Incense cedar is one of the chief woods for pencils, and is also used for venetian blinds, rough construction, and fence posts and as an ornamental and shade tree.

Port Orford Cedar (*Cedrus lawsoniana*), also known as Lawson cypress, grows to 50-54 m, has spherical cones larger than those of the eastern species, and is a native to southwestern Oregon and northwestern California. Its wood is the principal wood for storage battery separators, but is also used for venetian blinds and construction purposes. It is an ornamental tree which is sometimes used in shelter belts.

CHAMPA

Champa absolute is a rare material most often made from concrete ether extraction, commonly co-distilled with sandalwood as an attar, and available locally, where produced, as a medicated oil. Steam-distilled essential oil is rare, costly, and unfortunately does not well represent the flower's smell. All forms of production are known for the sweet floral smell. It is frequently adulterated with-Ylang ylang, and many poor imitations are offered on the market. It has aphrodisiac qualities and can transport you to an enlightened point of reference. It is useful for irritated skin.

Common Name	:	Champa
Family Name	:	*Michelia champaca*
Botanical Name	:	Magnoliaceae
Other Names	:	Champak, Golden Champa, Pleumaria
Dosha Effect	:	P K-, V + (in excess)
Taste	:	Sweet, bitter and pungent.
PD Taste	:	Pungent.
Energy	:	Cooling and moisturizing.
Actions	:	Emollient, antipyretic and aphrodisiac.
Tissues	:	Skin and reproductive.

Indications	:	Frigidity and skin irritation.
Warning	:	Absolute, avoid internal use and do not use at all during pregnancy.
Usage	:	Aroma lamp, diffuser perfume oil and massage oil.
Aroma	:	Delicately floral, delightfully sweet, reminiscent of Neroli and Ylang - ylang, with some notes which recall Clary sage.
Mixes Well With	:	Rose, Violet, Sandalwood, Rosewood, Jasmine, Cypress, Lotus and Vetiver.

Note : It is found in evergreen forests throughout India; also cultivated. Miller and Miller in their work cited Pleumaria plant as Michelia champaca, belonging to Apocynaceae family. But in actual *Pleumaria* of Frangipani, is *Pleumaria rubra* (*P. acuminata*), which belongs to family Apocynaceae. It is cultivated, particularly in the vicinity of religious shrines and burial grounds. Real Champa belongs to family Magnoliaceae.

CINNAMON

Cinnamomum zeylanicum is an evergreen shrub or small tree, which is a native of Sri Lanka. This is now in cultivation in southern India, Burma, parts of Malaya, West Indies, and South America. In cultivation the trees are cut back and long, slender suckers grow up from the roots. The bark is removed from these suckers, dried and packaged for shipping. Cinnamon is a very important spice for flavouring foods. It is used in confectionery, gums, incense, dentifrices, and perfumes. Cinnamon oil is used in medicine and as a source of cinnamon extract.

Cinnamon oil is one of the best oils for circulation, especially during menopause. It improves sexual function, increases sexual desire, and improves digestion and appetite. As it enhances circulation, it is very supportive of the heart. It is empowering to the will. Cinnamon can be useful for parasites, scabies, or lice. Cinnamon bark-oil has a high percentage of aldehyde and is not recommended for use on the skin as it can be irritating. Cinnamon leaf-oil has a very low percentage of aldehyde and is more suitable for use in liniments or massage oils.

Common Name : Cinnamon

Family Name : Lauraceae

Botanical Name : *Cinnamomum zeylanicum*

Other Name : Twak

Dosha Effect : V K-, P+

Taste : Pungent, sweet and astringent.

PD Taste : Sweet.

Energy : Heating and neutral.

Actions : Stimulant, diaphoretic, parasiticide, aphrodisiac, antispasmodic, expectorant, analgesic, diuretic, alterative and carminative.

Tissues : Plasma, blood, muscle, marrow and nerves.

Indications : Colds, sinus congestion, bronchitis, dyspepsia, circulation, spasms, anaemia, asthenia, lice, scabies, impotence, childbirth, intestinal infections and menopause.

Warning : Do not use in condition of high *Pitta*; will aggravate bleeding disorders; skin irritant in high dose and convulsive in high doses.

Usage : Food, drink, massage oil, aroma lamp and liniment.

Aroma : Bark is extremely powerful, diffusive, warm-spicy, sweet and possesses tenacious odour. Leaf is warm-spicy, but has rather harsh odour, lacking rich body of bark oil. Some resemblance to clove leaf and clove stem oil.

Mixes Well With : Cardamon, Orange, Nutmeg, Anise, Fennel and Trifolia.

CITRONELLA

Citronella is a tropical grass, from the leaves of which the oil of Citronella is distilled. The essential oil of Citronella is pale yellow, inexpensive, and much used in cheap perfumes and soaps. It is perhaps best known as an insect repellent. A large acreage is devoted to the cultivation of this grass in Java and Ceylon. In India, it is found ditstributed throughout the hotter parts; and also cultivated in various parts of south India.

Common Name : Citronella
Family Name : Poaceae (Gramineae)
Botanical Names : *Cymbopogon nardus* (*Andropogon nardus*)
Other Names : Ganjni, Lamajjak
Dosha Effect : P K-, V
Taste : Bitter and sweet.
PD Taste : Pungent.
Energy : Warming and moisturizing.
Actions : Mosquito repellent, flea repellent, deodourizer, purifier, stimulant and antiseptic.
Tissues : Skin.
Indications : Digestive problems and infectious diseases.
Warning : Do not take internally due to its aldehyde content.
Usage : Apply oil to skin or pet's fur, aroma lamp, spritzer, diffuser and insect repellent.
Aroma : Ceylon type is very peculiar, warm-woody and yet fresh, grassy and somewhat reminiscent of wet leaves; camphene-borneol-methyleugenol complex is characteristic of odour. Java-type is fresh and sweet, dryout is sweet, somewhat woody.
Mixes Well With : Lemon, Eucalyptus, Lavender, Pennyroyal, Geranium, Rose and Cedarwood.

CLARY SAGE

Clary sage is a native of southern Europe, and the middle east, now is cultivated in France and Russia. Clary sage is a gift to the female. It gives women a sense of clarity and empowerment, helping to get rid of monthly bloat, depression, and anxiety, regulating menses, and cooling down hot flashes. In addition to its relaxing and cramp-relieving properties, it is known to be euphoric, and at one time was added to German beer and wine. Clary sage has a rejuvenating effect on the endocrine system. It balances the pituitary gland and has many of the beneficial effects of sage without having sage's toxicity. It is a special friend for the woman going through menopause and can not only be used internally, but it is especially effective at feeding estrogen directly into the skin.

Common Name : Clary Sage
Family Name : Lamiaceae (Labiatae)
Botanical Name : *Salvia sclarea*
Dosha Effect : VPK–
Taste : Sweet, bitter and pungent.
PD Taste : Pungent.
Energy : Warming and neutral.
Actions : Digestive stimulant, stomachic, nervine, antispasmodic, aphrodisiac, antiseptic, deodourizing.
Tissues : Skin, nerve and reproductive.
Indications : Cramps, weak digestion, flatulence, bronchitis, asthma, PMS, childbirth, headache, psychological tension, nerves, fear, impotence, frigidity, infected skin, swollen tissue.
Warning : Do not combine with alcohol, or take orally with any medication containing iron.
Usage : All uses are good.
Aroma : Sweet, herbaceous, tenacious, soft, somewhat reminiscent of ambra in its bittersweet undertone,

	dryout odour is tobacco-like; some call it balsamic or tea-like.
Mixes Well With :	Geranium, Lavender, Jatamansi, Yarrow, Vetiver, Bergamot, Labdanum, Olibanum, Cinnamon, Rosewood, Coriander, Cardamon, Citrus oils and Cedarwood.

CLOVE

Cloves are the unopened flower buds of a small, conical, symmetrical, evergreen tree. These are picked by hand and dried in the sun or by artificial means. Cloves, one of the most important and useful spices, are strongly aromatic and have a pungent flavour. They are used as a culinary spice for flavouring pickles, ketchup, and sauces, in medicine, and for perfuming the breath and the air in rooms. The chief clove-producing countries are Tanzania with 90 percent of the total output, Indonesia, Mauritius, and the West Indies. But, its crop is uncertain and difficult to grow. It is also cultivated in southern parts of India.

The essential oil distilled from cloves by water or steam has even more uses. Clove is one of the oldest essential oils, which it traditionally used in toothaches. It is approved by the American Dental Association as an anesthetic. As it is very strengthening to the musculature, it has been traditionally recommended that expectant mother consume cloves in the last month of pregnancy to tone the uterus and prepare it for the birth process. *Tantrics* have recommended a mild dilution of clove oil to decrease the male sensitivity, as an aid in premature ejaculation.

Common Name	:	Clove
Family Name	:	Myrtaceae
Botanical Names	:	*Syzygium aromaticum* (*Eugenia caryophyllata*)
Other Names	:	Lavanga, Loung
Dosha Effect	:	KV-, P+
Taste	:	Pungent.

PD Taste : Pungent.

Energy : Heating.

Actions : Stimulant, carminative, aphrodisiac, expectorant and analgesic.

Tissues : Plasma, muscle, marrow and nerve and reproductive.

Indications : Colds, cough, asthma, ill-indigestion, toothache, vomiting, hiccough, laryngitis, pharyngitis; lowblood pressure and impotence.

Warning : Do not use, if inflammatory condition, hypertension, or high *Pitta* is present.

Usage : Skin, compress, perfume, aroma lamp, massage oil, lotion, food and drink.

Aroma : A peculiar fruity, fresh topnote, acetic odour quite refreshing, with a sweet spicy note.

Mixes Well With : Cardamon, Cinnamon, Lavender, Ginger, Orange, Vanilla, Rose, Clary sage, Bergamot, Bay leaf and Ylang ylang.

CORIANDER

Coriander is cultivated in many places throughout the world for both its seeds and the leaves. This fresh green herb is also known as *Dhaniya* in India, and Cilamro or Chinese parsley. It is a favourite in Indian food and is frequently used as a spice in many dishes. Its two forms are quite different in taste from one another, and both are used for flavour in a variety of foods.

The essential oil is extracted from its seeds, which is an antidote to hot food, very decongesting to the liver, and is a great reducer of fire and heat in the body. It is thought to be an aphrodisiac because of its phyto-estrogen contents. It is also a carminative, and stimulating digestive.

Common Name : Coriander

Family Name : Apiaceae (Umbelliferae)

Botanical Name : *Coriandrum sativum*

Other Names : Dhanyaka, Dhaniya

Dosha Effect : V P K –

Taste : Bitter, pungent and sweet.

PD Taste : Pungent.

Energy : Cooling and moisturizing.

Actions : Alterative, diaphoretic, diuretic, carminative and stimulant.

Tissues : Plasma, blood and muscle.

Indications : Burning urethra, cystitis, urinary tract infection, urticaria, rash, burns, sore throat, vomiting, indigestion, allergies and hay fever.

Warning : Few warnings, except high *Vata* with nerve tissue deficiency; may cause kidney irritation in high dose, do not take during pregnancy.

Usage : Cooking, compresses, douche, patch, massage oil, shampoo.

Aroma : Pleasant, sweet, somewhat woody-spicy aromatic-candy like odour, floral-balsamic undertone; peppery-woody and suave topnote.

Mixes Well With : Lemon, Tea tree, Cajaput, Lavender, Peppermint, Cardamon, Bergamot, Clove, Clary sage, Nutmeg, Jasmine, Petitgrain, Sandalwood and Cypress.

CUBEB

Cubeb herb is native to eastern India and Indomalaysia. It is a common flavouring in food. Its crushed berries are smoked, and the inhaled smoke produces a soothing effect in certain respiratory ailments. Cubebs are used in medicine as a stimulant, expectorant, and diuretic. Medicinal properties of cubeb are due to the presence of a volatile oil which formerly was thought to stimulate healing of mucous membranes. On occasion, when substituted into a formula for weight loss instead of black pepper, patients reported greater effectiveness. It is reported that cubeb stimulates the parathyroid, and so it would be an excellent addition to menopausal formulas, helping with problems of osteoporosis.

Common Name : Cubeb

Family Name : Piperaceae

Botanical Name : *Piper cubeb*

Dosha Effect : V K-, P+

Taste : Pungent.

PD Taste : Pungent.

Energy : Heating.

Actions : Stimulant, carminative and expectorant.

Tissues : Blood and plasma.

Indications : Digestion, diuretic, skin irritation and weight loss.

Warning : Do not use in conditions of high *Pitta*, do not use directly on skin always dilute.

Usage : Lotions, compresses, bath and perfume-blending.

Aroma : Very dry-woody, but simultaneously warm-camphoraceous and spicy-peppery.

Mixes Well With : Lavender, Black pepper, Cardamon, Cinnamon, Anise, Clove, Galbanum and Rosemary.

CUMIN

Cuminum cyminum, a plant of which the whole or ground dried ripe fruits, commonly called seeds form a popular spice, *Cumin*. It is a major ingredient in both chili powder and curry, and is added to meat sauces, rice, bread, pickles, soups, and other foods. The strong, pungent green-spicy odour and flavour of cumin is attributable largely to cuminaldehyde, the main constituent of the essential oil, and other aldehydes.

This herb is native to the Mediterranean region. Presently cumin is commercially grown in Iran, southern Russia, China, India, Morocco, and Turkey. The three major types of cumin seed, Iranian, Indian, and Middle Eastern, vary in seed colour, essential oil quantity, and flavour.

Cumin is one of those essential oils about that new aroma therapists are not crazy because its overpowering smell can ruin any blend if not sufficiently diluted.

Common Name : Cumin
Family Name : Apiaceae (Umbelliferae)
Botanical Name : *Cuminum cyminum*
Other Name : Safed Jira
Dosha Effect : KP-, V +
Taste : Pungent and bitter.
PD Taste : Pungent.
Energy : Cooling or neutral.
Actions : Carminative, alterative, stimulant, antispasmodic, lactagogue and immune builder.
Tissues : Heart and uterus, digestive, nerves and muscle.
Indications : Gas, low breast milk, digestion, nerves, circulation, anaemia, convalescence and migraine.
Warning : Excess may cause nausea.
Usage : Massage oil, perfumes, compress, food and drink.
Aroma : Extremely powerful, diffusive, green-spicy, slightly fatty, but not sharp or pungent, almost soft and mellow.
Mixes Well With : In trace amounts with, Angelica, Lemon, Black pepper, Coriander, Lavender, Rosemary, Rosewood and Oakmoss.

CYPERUS

Cyperus oil has a way of making feel warm, open and creative. Its oil is obtained from a grass that grows wild in India.

Common Name : Cyperus
Family Name : Cyperaceae
Botanical Name : *Cyperus rotundus*

Other Names : Nagarmotha, Nagar Mustaka

Dosha Effect : P K V-

Taste : Bitter and sweet.

PD Taste : Sweet

Energy : Heating and drying.

Actions : Astringent, alterative, expectorant, sedating and calming to the mind.

Tissues : Skin, muscle, plasma and respiratory.

Indications : Diarrhoea, skin's rashes, tonic and excess bleeding.

Usage : Massage oil, compress, gargle, suppositories and perfumes. Also used in *basti* or enema.

Aroma : Woody, spicy and sweet with rich undertones of the earth.

Mixes Well With : Labdanum, Bergamot, Sandalwood, Vetiver, Sage clary and Patchouli.

CYPRESS

Cypress is a indigenous to Turkey, but cultivated throghout the world. It is good for anything in excess due to its astringent properties. Cypress oil is one of the best oils for *Vata* because of its grounding nature. It can be used for cuts, haemorrhoids and in excess bleeding. It is a wonderful essential oil for any circulation problems. It has also been used in weight reduction formulas because of its diuretic effect. It is a balancer to the female system, often combined with Clary sage for hot flashes and used to reduce or inhibit the growth of ovarian cysts. As it works with acne and oily skin, it is often added to skin care formulas. Cypress is also excellent in aftershave and hair care formulas.

Common Name : Cypress

Family Name : Cupressaceae

Botanical Name : *Cupressus sempervirens*

Other Names : Mediterranean Cypress, Surahva, Sara

Dosha Effect : V K P+

Taste : Pungent, sweet and astringent.

PD Taste : Pungent.

Energy : Warming and drying.

Actions : Astringent, antispasmodic, expectorant, antiseptic, regulates female hormone system and deodourizing.

Tissues : Skin, nerves, muscle and scalp.

Indications : Weak connective tissue, diarrhoea, heavy menstruation, bleeding, haemorrhoids, varicose veins, bleeding gums, convulsive and whooping coughs, severe foot perspiration, menopausal problems, ovarian cysts, absent-mindedness, lack of concentration, nervous or emotional breakdown, sexual preoccupation, oily skin, acne, oily hair and dandruff.

Warning : Do not use directly on the skin, use always dilute.

Usage : Massage oil, patches, compress, lotion, poultices, shampoos, baths and inhalations.

Aroma : Sweet-balsamic, yet refreshing odour, reminiscent of pine needles, Templin oil, Juniperberry oil, Cardamon oil and a unique dryout of delicate and tenacious sweetness.

Mixes Well With : Lemon, Juniper, Birch, Bergamot, Orange, Grapefruit, Clary sage, Musk, Mandarin, Moroccan Chamomile, Styrax and Jasmine.

D

DHAVANA

Dhavana oil is extracted from an annual, erect and branched herb, which is commercially cultivated in India, especialy in southern parts. Its oil is somewhat a rare oil, although it appears to be used by the food flavouring industry. It is used in many *pancha karma* clinics in India for ovarian and uterine cysts, both as a compress and a douche. It is excellent for menopausal women and useful in regulating and balancing the menstruation. It is a very strong-smelling oil, always use in small amounts and dilute well. Many people feel that it has an interesting Strawberry-like undertone.

Common Name : Dhavana
Family Name : Asteraceae (Compositae)
Botanical Name : *Artemisia pallens*
Other Name : Pavana
Dosha Effect : P V K -
Taste : Sweet and bitter.
PD Taste : Sweet.

Energy : Warm.

Actions : Antiseptic, aphrodisiac, nervine and on heart.

Tissues : Muscle, blood, circulatory and reproductive tissue.

Indications : Gout, skin irritation, anger, energy balancing and ovarian cysts.

Warning : Always dilute before using internally.

Usage : Douche, patches, compress, massage oil and food.

Aroma : Sharp, penetrating, bitter-green, foliage-like and powerfully herbaceous with a sweet, balsamic and tenacious undertone.

Mixes Well With : Clary sage, Sandalwood, Lavender, Geranium, Labdanum, Oakmoss, and Yarrow.

Note : Most of the oil produced in India, is exported to USA.

DILL

It is an annual culinary herb of the carrot family, which supplies four products: Dill seed oil, Dill leaf oil, Dill seed, and Dill leaf. Dill seed oil is a pale yellow oil which is steam-extracted just prior to seed shatter, about 105 to 120 days after planting. Dill is grown for seed oil production and is either planted in rows and furrow-irrigated or flat-planted and sprinkle-irrigated. Most of this production provides oil used in the pickle industry for flavouring dill pickles. Dill leaf oil is little used, and relatively little Dill is grown for this purpose. Dill seed is used as a spice, and large quantities of it are imported into the United States. Our country India is the primary producer of Dill seed for culinary use.

Dill is also one of the most common oils used in aromatherapy. It promotes the flow of milk, and helps to regulate or suppress sexual impulses.

Common Name : Dill

Family Name : Apiaceae (Umbelliferae)

Botanical Name : *Anethum graveolens*

Other Name : Sowa

Dosha Effect : PK-, Vo

Taste : Pungent and bitter.

PD Taste : Pungent.

Energy : Cooling and neutral.

Actions : Carminative, alterative, nervine, stimulant, digestive, expectorant, antispasmodic, and promotes milk flow.

Tissues : Blood, fat, and digestive.

Indications : Oversexed, flatulence, parasites, nervous vomiting, and hiccups.

Warning : It may decrease sexual energy, cause stinging, reddened or blistered skin, or make skin more sensitive to sunlight.

Usage : Food (salad dressing), perfumes, and massage oil.

Aroma : Seed oil is light and fresh, warm-spicy and reminiscent of Caraway and Spearmint; Weed oil is powerful and fresh, sweet-spicy, peppery and aromatic odour, reminiscent of Elemi oil, Spearmint oil, Citrus oils, etc. with a sweet, and Nutmeg-like undertone.

Mixes Well With : Fennel, Tarragon, Oregano, Basil, Marjoram, Anise, Parsley, and Angelica.

E

ELECAMPANE

Elecampane is indigenous to Europe and temperate Asia, but also has been introduced in China and USA. This oil is probably one of the most rejuvenating oils for the respiratory system. But it is not readily available and is quite costly in both absolute and steam-distilled form. Respiratory therapists also find its use very good.

Common Name : Elecampane
Family Name : Asteraceae (Compositae)
Botanical Name : *Inula helenium*
Dosha Effect : V K -, P+
Taste : Sweet, bitter and pungent.
PD Taste : Pungent.
Energy : Warming and drying.
Action : Expectorant, nervous system tonic, rejuvenative and galactagogue.
Tissues : Lung and upper respiratory tract.

Indications : Colds, bronchial congestion, cough and lung-infection.

Warning : It can be irritating to the skin and the mucous membranes in direct contact; not for internal use.

Usage : It is recommend for inhalations only; best in inhalation or in dilute amounts in perfumes and massage oils and lotions.

Aroma : Woody, sweet, honey-like, root-like, with a fatty undertone.

Mixes Well With : Rosemary, Labdanum, Lavender, Tuberrose, Cedarwood, Violet, Olibanum, Cinnamon, Patchouli, Musk and Frankincense.

ELEMI

Elemi oil is distilled from the gum-resin exudate of a tree found in the Philippines and South America. It has been used in Europe for 500 years in salves and liniments. Elemi has many medicinal uses for healing wounds, the respiratory tract and inflammations. In perfumery, it is a freshener and topnote component.

Common Name : Elemi

Family Name : Burseraceae

Botanical Name : *Canarium luzonicum*

Dosha Effect : V K-, P+

Taste : Bitter, astringent and pungent.

PD Taste : Pungent.

Energy : Heating and drying.

Actions : Expectorant, astringent, anti-inflammatory, vulnerary and stimulant.

Tissues : Respiratory, skin, nerves, muscles, lymph and joints.

Indications : Inflammation, wounds, congestion and bleeding.

Warning :	May cause skin irritation; use only in small amount.
Usage :	Massage oil, compress, salve, inhalation; liniments and perfume oil.
Aroma :	Light, fresh, lemon-like, peppery odour which dries to a balsamic, green-woody and sweet-spicy afternote.
Mixes Well With :	Lemon, Cajeput, Basil, Myrtle, Eucalyptus, Cinnamon, Olibanum, Labdanum, Rosemary, Lavender and Sage.

EUCALYPTUS

Eucalyptus is an evergreen genus with four different leaf types: seedling, juvenile, intermediate, and adult, depending on plant maturity. Juvenile leaves of some species, particularly those that are silvery blue and oval, are extensively used for floral decorations. Most species have white or cream flowers; however, some species, particularly those from Western Australia, produce spectacular red (*Eucalyptus ficifolia*) or yellow (*E. erythrocorys*) flowers and are planted widely as ornamentals. These ornamental species are small in habit and drought-resistant. Eucalyptus seed cases are woody, and many species produce so-called gumnuts.

Eucalyptus oil is one of the most commonly used essential oils. There are over 700 varieties of eucalyptus, some growing to 100-150 m, and they all possess similar properties. It is currently used in many allopathic medical preparations. It is one of the three best oils for use with any respiratory tract problem because the component eucalyptol is mucolytic, which relaxes the flow of mucous and excretes the eucalyptol out through the lung surface. Even if you take it internally in a tea form, Eucalyptus will very quickly pass out of the body through the lungs, having its relaxing effect to the mucous membranes. As it is inhaled, it gives an immediate effect; then again as it circulates out of the body. It is wonderful for acne because it reduces oil production and dries the tissue. It is also thought to increase insulin production and help to balance the blood sugar.

E. citriodoura species is thought to be best for children because of its lemony fresh smell. *E. globulous* species is stronger and more common. Both of them are found in India.

Often the heating effect of Eucalyptus can be balanced by mixing it with a cooling oil such as Lavender or Peppermint to reduce fever. It should be a part of everyone's medicine cabinet and first aid kit. Eucalyptus combines well with Lemon for mental clarity, and with Myrtle for building the immune system. Sometimes, it is recommended in a compress over the spleen.

Common Name : Eucalyptus

Family Name : Myrtaceae

Botanical Names : *Eucalyptus globulus, E. citriodora*, etc.

Dosha Effect : K V-, P+

Taste : Pungent.

PD Taste : Pungent.

Energy : Heating and moisturizing.

Actions : Diaphoretic, decongestant, stimulant, antiseptic, antispasmodic, alterative, diuretic, expectorant, antipyretic, regenerative, lowers blood sugar, disinfects the air, increases concentration, deodourant and germicidal.

Tissues : Muscle, nerves, respiratory, blood and plasma.

Indications : Asthma, bronchitis, throat, sinus, kidney and bladder infections, fever, angina, rheumatism, neuritis, sore muscles, sluggishness, little intellectual enthusiasm, emotional overload, skin blemishes, acne, dandruff, tuberculosis, malaria, herpes simplex, skin ulcers and insect bites.

Warning : Do not take more than one or two drops a day internally.

Usage : Inhalation, aroma lamp, gargle, lozenge, massage oil and compress.

Aroma	: Camphoraceous to lemonous and medicinal smell.
Mixes Well With	: Rosemary, Wintergreen, Juniper, Lavender, Mint, Cedarwood, Citronella, Geranium, Tea tree, Niaouli, Angelica and Elecampane.

F

FENNEL

Fennel is grown in many parts of the world for its dried, ripe fruits or seeds which are used in bread, pickles, sweet alcoholic spirits, and meat sauces and dishes. It is also extensively cultivated throughout the India. Although similar in odour to Anise, its seeds can be distinguished by their warm and sweet characters. There are three fennel varieties of commercial importance : *Foeniculum vulgare*, *F. dulce*, and *F. piperitum*. *F. vulgare* is grown for its seed and the essential oil, obtained by steam distillation and known as bitter fennel oil. *F. dulce* or Florence Fennel is grown for four products; seed and leaf for culinary use, the enlarged leaf base for a vegetable, and for the essential oil from the seeds, which is known as sweet fennel oil. The young stems of Italian Fennel, i.e., *F. piperitum*, are used for flavouring in salads.

Though Fennel is primarily a culinary herb, commercial interest in fennel also lies in its essential oil, bitter or sweet, for cooking medicine, perfumery, and as a masking agent for insecticides and room sprays.

Every lactating mother should have Fennel oil at hand because it helps with milk production and eases colic. It is useful during pregnancy to prevent morning sickness, and is excellent for the traveller, helping to reduce or prevent sea sickness and jet lag. As one of the most important carminative oils, it is useful for upset stomachs, gas, flatulence and indigestion. It is traditionally used in Indian restaurants in herb form as an after dinner promoter of digestion. It has also been recommended for reducing stomach acidity and prevention of ulcers. Fennel oil contains phyto-estrogens so is useful with PMS, menopause. Useful in toning the body because of its diuretic effect. It can also be helpful in obesity. Very often used in breast creams for tightening and enlarging them.

Common Name	: Fennel
Family Name	: Apiaceae (Umbelliferae)
Botanical Name	: *Foeniculum vulgare*
Other Name	: Shatapushpa
Dosha Effect	: V P K =
Taste	: Sweet, pungent.
PD Taste	: Sweet.
Energy	: Slightly cooling and moisturizing.
Actions	: Carminative, diuretic, anti-spasmodic, stimulant and female tonic.
Tissues	: Plasma, blood, muscles, marrow, endocrine and GI tract.
Indications	: Indigestion, low *agni*, abdominal pain, cramps or gas, difficult or burning urination, children's colic, cold symptoms, abcesses, PMS, weak, irregular periods, stress, nervousness, overindulgence in alcohol and nicotine and hangover.
Warning	: None.
Usage	: Food, massage oil, bath, aroma lamp, inhalations, tea.

Aroma	:	Sweet in cultivated form, but slightly earthy or peppery-spicy odour and a clean, sweet aromatic dryout, a hint of fruity, fresh topnote in fresh oils.
Mixes Well With	:	Anise, Caraway, Lavender, Chamomiles, Angelica, Cardamon, Clove, Orange and Ginger.

Note :The oil of *Fennel* is obtained by the steam distillation of its crushed fruits, which is a colourless or pale-yellow liquid with a characteristic taste and odour. Main constituents of the oil obtained from the fruits of cultivated source plants, is anethole, which is present 50-60 percent quantity in good quality oil.

FIR

Abies balsamea from which Fir oil is extracted, the native Fir of the northeastern United States and adjacent Canada. This attains a height of 20-23 m and has resinous buds. Its principal uses are for paper pulp, lumber, boxes, and crates, and as a source of the liquid resin called Canada balsam.

Fir oil is used by many massage therapists because of its relaxant properties to the nervous system and to muscle spasm. It can be a great substitute for Pine and milder on the skin. It is a favourite to spritz the house around Christmas time because of its refreshing smell, reminding us of the deep forest. The oil is antiseptic, very good for the respiratory tract. Because of its fresh, clean, outdoorsy smell, it is a wonderful addition to aftershave lotion.

Common Name	:	Fir
Family Name	:	Pinaceae (Coniferae)
Botanical Name	:	*Abies balsamea*
Dosha Effect	:	K V-, P+, (V+ in excess)
Taste	:	Pungent and bitter.
PD Taste	:	Pungent.
Energy	:	Heating and drying.
Actions	:	Antiseptic and expectorant.
Tissues	:	Muscular.

Indications	: Back pain, joint pain and tissue congestion.
Warning	: It can cause irritation in people with sensitive skin.
Usage	: Massage oil, aftershave, perfume and cologne.
Aroma	: Refreshingly balsamic, slightly fatty or oily with a powerful pine forest odour and a peculiar fruity-balsamic undertone.
Mixes Well With	: Birch, Juniper, Wintergreen, Lavender, Pine, Cedarwood, Musk, Citrus, Labdanum and Patchouli.

Note : Several species of Abies grow in the rocky mountains region and westward to the Pacific coast. The most important is the white fir (*A. concolor*), also known as silver fir, a large tree which may reach a height of 35 m and is characterized by 5-7.5 cm long, blue-green needles. It is often cultivated as an ornamental in the eastern United States, and also furnishes lumber for construction timber, boxes, crates and general millwork. *A. spectabilis*, commonly known as *Talishpatri* is the conifer, known to occur wild in the Himalayas from Kashmir to Assam at altitudes between 1600-4500 m in India. This is much used in Ayurveda and many preparations like Talisadya churna, Talisadya vati, Sudarshan churna, Lavanbhaskar churna and Kanakasav are prepared from this.

FRANKINCENSE

Frankincense is one of the first spices brought back from the East. It is gathered from the trunk and stems of small trees which grow in the Arabian peninsula, India, and northern Africa. One of the original gifts to the Christ Child, Frankincense preserves spiritual energy. It is an enhancement for meditation, and can help to maintain a clear mind. It is still used ritually in the Catholic church during religious ceremonies for devotional cleansing and purification of the soul. It is also used in cosmetics today because of its regulating effect on mature skin.

It is an important oil for anointing the dead and dying, for assisting in transition and, keeping the soul connected to its divine essence. It is excellent for the sixth *chakra*, assisting in altering perception of truth and promoting clairvoyance. As it provides mental stability, it is used to ease depression, often combined with Bergamot and Geranium.

Common Name : Frankincense
Family Name : Burseraceae
Botanical Name : *Boswellia thurifera*
Other Name : Olibanum
Dosha Effect : K V-, P+
Taste : Bitter, pungent, astringent and sweet.
PD Taste : Pungent.
Energy : Heating and drying.
Actions : Alterative, analgesic, rejuvenative, anti-inflammatory, disinfectant, antiseptic, astringent.
Tissues : Muscle and fat.
Indications : Wounds, bronchitis, colds, sinusitis and wrinkles.
Warning : Use always dilute.
Usage : Bath, lotion and patches.
Aroma : Strongly diffusive, fresh terpene, almost green, lemon-like, reminiscent of green unripe apple peels, certain pepperyness is mellowed with a rich, sweet-woody and balsamic undertone.
Mixes Well With : Myrrh, Rose, Sandalwood, Dhavana, Champa, Citrus, Violet, Cinnamon, Musk, Labdanum, Neroli and vetiver.

Note : In India, its other species *Boswellia serrata* is found. This is known as Indian Olibanum and is used more or less in same manner.

G

GALBANUM

Galbanum essential oil is made from the oleogum resin of a member of the carrot family. It is used extensively in the perfume industry and historically as an incense and healing agent. Externally, it is used for wound healing, skin inflammation, arthritic pain and female problems. Also used psychologically to balance extremes or intense emotion.

Common Name	:	Galbanum
Family Name	:	Apiaceae (Umbelliferae)
Botanical Names	:	*Ferula gummosa* (*F. galbaniflua*)
Dosha Effect	:	V P K = (V + in excess)
Taste	:	Bitter, astringent and pungent.
PD Taste	:	Pungent.
Energy	:	Cooling and drying.
Actions	:	Astringent, antibiotic, decongestant, emmenagogue and nervine.
Tissues	:	Respiratory, endocrine, skin, lymph and joints.

Indications	:	PMS, menopause, lymph, congestion, arthritis, infections, wounds, colds, hysteria, paranoia, anger and flu.
Warning	:	Typically used externally.
Usage	:	Inhalation, salve, massage oil, liniment and patch.
Aroma	:	Intensely green, fresh, leafy odour with a dry woody undertone of balsamic and bark-like character.
Mixes Well With	:	Mixes in perfumes.

Note : Mainly the oil is extracted from *Ferula gummosa*, which is a native of central Asia. In trade, it is known as *Jawashir* or *Gaoshir*. Others including *Ferula asafetida*, are runs wild in India, particularly in Punjab and Kashmir.

GARLIC

Garlic is highly rejuvenative, especially for the nerve tissue and if is combinedly used with Onion, gives better result. It is also used much in cooking throguhout the country. Although it is used extensively in medicine and in the food flavouring industry, no one in their right mind would ever use this oil for aromatherapy. Its fresh plants contain sufficient qualities of the oils to provide most abundant garlic oil simply through the eating habits.

Common Name	:	Garlic
Family Name	:	Liliacae
Botanical Name	:	*Allium sativum*
Other Name	:	Lashun
Dosha Effect	:	K V-, P+
Taste	:	Pungent and sweet.
PD Taste	:	Pungent.
Energy	:	Heating and drying.
Actions	:	Stimulant, carminative, expectorant, alterative, antispasmodic, aphrodisiac, disinfectant, rejuvenative.

Tissues : All tissues, systems—digestive, respiratory, nervous, reproductive and circulatory.

Indications : Colds, skin disease, parasites, joint problems and fluid retention.

Warning : Odour nearly impossible to counteract; hence not recommended.

Usage : Cooking, cough medicine and food.

Aroma : Obnoxiously sulfuraceous with the distinct intense smell of the crushed plant bulb.

Mixes Well With : Ginger, Black pepper, Cumin, Coriander, Eucalyptus and food.

Note : Garlic is cultivated throughout India.

GERANIUM

Geranium oil is obtained from Geranium plant, which is a native of south Africa and is grown all lover the world for it oil. Major oil producing countries are China, Egypt, Algeria and Morocco. It is also cultivated in gardens throughout India.

Geranium oil is considered as a special gift for women because of its effect on the menstrual cycle. It is balancing, calming, and anti-depressive. It is an important essential oil during menopause, due to its phyto-estrogen components. It is used in skin care for maintaining youthful beautiful skin. Also very helpful in any dehydrating skin condition like eczema. It is good for almost all skin problems because of its balancing effect.

Common Name	Geranium
Family Name	Geraniaceae
Botanical Names	*Pelargonium graveolens (Roseum graveolens)*
Other Name	Rose Geranium
Dosha Effect	PK-, V o
Taste	Sweet and astringent.
PD Taste	Sweet.

Energy : Cooling and moisturizing.

Actions : Antidepressant, nervine, aphrodisiac, menopause hormone balancer, antiseptic, anti-inflammatory and insect repellent.

Tissues : Nerve, muscle, reproductive and skin.

Indications : Wounds, menopause, eczema, shingles, tongue infections, stomatitis, facial neuralgia, irritated skin, acne and PMS.

Warning : None.

Usage : Lotion, inhalation, compress, perfumes, massage oil, bath and aromatherapy.

Aroma : Intensely earthy-herbaceous. somewhat sharp-rosy and foliage-green odour of great tenacity.

Mixes Well With : Rose, Clary sage, Rosewood, Sandalwood, Lavender, Champa, Musk, Vanilla, Bergamot, Patchouli and Clove.

GINGER

Ginger is an important spice or condiment, which is a native of southeastern Asia. It is an erect perennial herb having thick, scaly, branched rhizomes, which contain starch, gums, an oleoresin (gingerin) responsible for its pungent taste, and an essential oil which imparts the aroma. Ginger is used in medicine, in culinary preparations like soups, curries, puddings, pickles, ginger-bread, and cookies, and for flavouring beverages such as ginger ale and ginger beer. The plant is grown in China, Japan, Sierra Leone, Jamaica, Queensland, Indonesia and India.

Ginger is one of the most commonly used herbs in Ayurveda. Because of its digestive properties, it is without peer in cases of illness due to poor absorption and assimilation. Being a root, it is very grounding and centering and also warming. Just the simple addition of moderate quantities of ginger can increase metabolism. It is wonderful for regulating the blood, for motion sickness and weight loss. It is helpful in bringing any condition into balance. For sea sickness, air sickness or problems in balance, use it on a small circular bandage behind the ear.

Common Name : Ginger

Family Name : Zingiberaceae

Botanical Name : *Zingiber officinalis*

Other Name : Adrak

Dosha Effect : VK-, P+

Taste : Pungent and sweet.

PD Taste : Sweet.

Energy : Warming and drying.

Actions : Stimulant, diaphoretic, antidepressant, expectorant, antiemetic, analgesic and carminative.

Tissues : All tissue elements.

Indications : Colds, flus, indigestion, vomiting, belching, abdominal pain, laryngitis, artllritis, haemorrhoids, headaches, impotence, diarrhoea, heart disease and poor memory.

Warning : Do not use if there is any inflammatory skin diseases, high fever, bleeding and or ulcers.

Usage : Tea, cooking, massage and compress.

Aroma : Warm but fresh, woody, spicy, with a peculiar resemblance to Orange, Lemon, Lemongrass, Coriander weed oil in the initial, fresh topnotes; the undertone is sweet, heavy, rich, tenacious and almost balsamic floral.

Mixes Well With : Black pepper, Eucalyptus, Juniper, Cypress, Rose, Cedarwood, Coriander, all Citruses and Neroli.

GOLD CHAMOMILE

This is the chamomile that is preferred for children's illnesses because of its soothing and calming effect. It is excellent for babies when their gums are irritated from teething. Inhalation works well for tension, stress and irritability. This holds true in case of adults also. It can be of special assistance during menopause and PMS. Also similar in properties to Gold or Roman chamomile, a domestic variety available in the United States, which is of good quality and more affordable.

Common Name : Gold Chamomile

Family Name : Asteraceae (Compositae)

Botanical Name : *Anthemis nobilis*

Other Name : Roman Chamomile

Dosha Effect : K P-; V + (in excess)

Taste : Bitter, pungent and sweet.

PD Taste : Sweet.

Energy : Cooling and neutral.

Actions : Diaphoretic, antipyretic, anti-inflammatory, carminative, nervine, antispasmodic, analgesic, emmenagogue and emetic.

Tissues : Plasma, blood, muscles, marrow and nerve.

Indications : Headaches, indigestion, nervous problems in children, colic, eye inflammations, jaundice, dysmenorrhoea, amenorrhoea, insomnia, anger, depression, PMS and sunburn.

Warning : Large dosages are emetic, and may aggravate *Vata*.

Usage : All uses are good.

Aroma : Sweet herbaceous, somewhat fruity-warm and tealeaf-like odour, extremely diffusive, little tenacity and fresh herbal smell.

Mixes Well With : Rose, Lavender, Ylang-ylang, Cedar, Geranium, Tangerine, Fennel, Cinnamon, Jasmine, Bergamot, Neroli, Clary sage, Labdanum and Oakmoss.

GRAPEFRUIT

Grapefruit apparently arose as a hybrid of shaddock or pummelo and sweet orange in the West Indies. Its first record met in Barbados in 1750, and the first use of the term grapefruit occurred in Jamaica in 1814. It was thought to have been introduced into Florida by Count Odelle Phillipe near Safety Harbor on Tampa Bay around 1823. The term grapefruit was derived from the tree's tendency to produce large clusters of fruit, as grape vines do.

Grapefruit's oil is excellent for stimulating self esteem, creating euphoria, and self-worm. In skin care it can be used for herpes, acne, edema, cellulite. It mixes well with Lemon and Bergamot for a morning uplifting bath. Its seed oil is quite expensive and is an expressed oil. It is being used for candidiasis, bacterial infection and parasites, as well as in cosmetics. Oil of grapefruit can be very helpful with digestive problems and may be a stimulant to the gall bladder and the production of bile in the liver.

Common Name	:	Grapefruit
Family Name	:	Rutaceae
Botanical Name	:	*Citrus pardisi - deucumana*
Dosha Effect	:	K V-, P+
Taste	:	Sweet and sour.
PD Taste	:	Sour.
Energy	:	Warming and drying.
Actions	:	Stimulant, carminative, diuretic and regulates eating disorders.
Tissues	:	Muscle, lymphatic, digestive, nerve and hepatic.
Indications	:	Digestive problems, lymphatic system, secretions, obesity, water retention, liver and gall bladder cellulite, depressing mornings and self-doubt.
Warning	:	Phototoxic - exposure to sun may blemish skin.
Usage	:	Cooking, perfumes, lotion, massage oil, drinks, deserts, inhalation and diffuser.
Aroma	:	Fresh - citrusy, rather sweet odour like the fruit-rind.
Mixes well with	:	All Citruses and Lavender.

H

HENNA

Heena is another somewhat uncommon Indian oil, often distilled with Sandalwood as an *attar*. The pure oil is not readily available; it is most often found as a blend. It is used in India for religious ceremonies, prayers and to create connectedness or attunement. It is excellent for devotion, for opening psychic abilities and clairvoyance. The herb is used for dying hair, making it red and lustrous and promoting growth. It is the main ingredient of a formula called *Shamana* used by many Gurus. Its leaves are used in marriage ceremonies, especially by the *Hindus*, where they apply a paste of its leaves over the palms of the hand and feet.

Common Name	:	Henna
Family Name	:	Lythraceae
Botanical Name	:	*Lawsonia inermis*
Ohter Names	:	Hina, Mehndi
Dosha Effect	:	K V-, P+
Taste	:	Sweet and bitter.

PD Taste	: Sweet.
Energy	: Warming and moisturizing.
Actions	: Opening of psychic, rejuvenative, relaxant, clarity of mind and third eye activator.
Tissues	: Skin and nails.
Indications	: Mental disorders, anger and frustration.
Warning	: No warning, but in tradition used externally.
Usage	: Bath, inhalation, massage oil, anointing *chakras* and meditation.
Aroma	: Woody, rich, warm, spicy, medicinal, with a leafy undertone and phenolic.
Mixes Well With	: Sandalwood, Oud, Rose and Jatamansi.

HIMALAYAN CEDARWOOD

Himalayan cedarwood, a beautiful tree with large leaves and drooping branches, is a native of India, and although not hardy in the northern United States, it is widely cultivated in the Southeast and in California.

It has a sweet, rich top note which gives a sense of clarity and connectedness. It is a true *Cedar*, and is very closer to the Cedars of Lebanon. It continues to have excellent healing properties in cases of infection of the kidneys and urinary tract. Himalayan Cedarwood oil is calming and elevating, an anti-depressive, very helpful in breathing problems, especially bronchial congestion. Spiritually, it can be used when developing or mastering a *pranayama*, the breathing exercise.

Common Name	: Himalayan Cedarwood
Family Name	: Pinaceae (Coniferae)
Botanical Name	: *Cedrus deodara*
Other Name	: Deodara
Dosha Effect	: VPK=
Taste	: Sweet, bitrer and pungent.
PD Taste	: Pungent.

Energy : Heating and drying.
Actions : Antiseptic, expectorant, diuretic, nervine and rejuvenative.
Tissues : Endocrine system, nerve, respiratory and urinary tract.
Indications : Headache, urinary infection and arthritis.
Warning : Do not take internally during pregnancy.
Usage : Soap, aftershave, massage oil, meditation and bath.
Aroma : Rich, sweet-woody, almost balsamic odour, has camphoraceous, top notes, but delicately sweet-woody on its lasting dryout.
Mixes Well With : Jatamansi, Sandalwood, Pine, Dhavana, Labdanum, Petitgrain, Rosewood, Calamus, Clary sage, Vetiver and Ylang ylang.

Hops

Hop plant is a rough-stemmed, tall-twining dioecious perennial herb, which is indigenous to Europe and Asia. It is propagated by cuttings of underground stems. The commercial value of the Hop is in its golden-yellow lupulin glands found on the bracteoles, which contain the resins, and impart bitterness, and essential oils. This impart hop flavours, to beer and ale. Besides, dried hops are also used as soporifics.

Hop-oil can be found in steam-distilled form, which is best for aromatherapy or absolute form. It is used as a fresh plant in brewing beer. The oil can be used for nursing mother to help with relaxation and for the sleepless nights. In a diffuser mix with Lavender, one drop of each, but it is important that this oil not be overused.

Common Name : Hops
Family Name : Cannabinaceae
Botanical Name : *Humulus lupulus*
Dosha Effect : P K V +

Taste : Bitter and pungent.
PD Taste : Pungent.
Energy : Cooling and moisturizing.
Actions : Nervine, diuretic, febrifuge and carminative.
Tissues : Nerve, GI and kidney.
Indications : Fevers, insomnia and migraines.
Warning : Too much can put you in a stupor; do not use this oil for a long period.
Usage : Massage oil, perfumes and tea.
Aroma : Odour is fresh, rich, spicy, sweet and heavy, but very pleasant.
Mixes Well With : Chamomile, Lavender, Rosemary, Lemongrass, and Angelica.

HYSSOP

Hyssop is one of the oldest herbs used by man. It is mentioned in the Bible many times. It is found throughout India. Hyssop is used for colds, sinus and respiratory problems, and is a balancer and regulator of high blood pressure. It has expectorant qualities and can be helpful in heavy catarrhal conditions. It is a carminative herb and is an ingredient of Chartreuse liquor.

Common Name : Hyssop
Family Name : Lamiaceae (Labiatae)
Botanical Name : *Hyssopus officinalis*
Dosha Effect : K-, P+
Taste : Pungent and bitter.
PD Taste : Pungent.
Energy : Heating and drying.
Actions : Diaphoretic, diuretic, carminative, anthelmintic, vulnerary, alterative, mental stimulant, centering, stomachic and antiseptic.

Tissues : Digestive, skin, respiratory and kidney.

Indications : Lung ailments especially in chronic catarrh, congestion, fevers, poor circulation and digestion, external wounds, high or low blood pressure and confusion.

Warning : Do not use in cases of epilepsy or pregnancy.

Usage : Compress, inhalation, bath, skin lotion, food and drink.

Aroma : A powerful, somewhat sharp but sweet-camphoraceous odour, with warm-aromatic and spicy undertone.

Mixes Well With : Eucalyptus, Myrtle, Lavender, Citrus, Rosemary, Sage, Camphor, Juniper, Cajeput, Laurel Bay, Clary sage and Geranium.

I

IMMORTELLE

Immortelle is extracted from *Helichrysum arenarium*, which is found in Europe and USA. Immortelle oil is probably one of the most powerful oils for the lymphatic system and the endocrine system. It helps to balance and restore organs to their function. Its a wonderful addition to a skin lotion because it helps with inflammation and acne. Its very helpful in re-absorbing scar tissue and in use with mature skin.

Common Name : Immortelle
Family Name : Asteraceae (Compositae)
Botanical Name : *Helichrysum arenarium*
Dosha Effect : V P K=
Taste : Pungent and sweet bitter.
PD Taste : Sweet.
Energy : Heating and moisturizing.
Actions : Alterative, antispasmodic, stimulant, antibacterial, antiviral, anti-inflammatory,

	expectorant, grounding, emmenagogue and nutritive tonic.
Tissues	: Skin, endocrine system and lymphatic.
Indications	: Skin allergies, chronic dermatitis, eczema, psoriasis, stomach cramps, gall bladder infection, liver weakness, menstrual cramps, colds, bronchitis, cough, sinus infection, acne and inflamed skin.
Warning	: None.
Usage	: Lotion, compress, perfumes, cosmetics, aftershave, bath, massage oil, lotion and after-shave lotion.
Aroma	: Powerful and diffusive, pleasant and rich, topnotes so sweet and honey-like as to be overwhelming; sweet-fruity and tea-like delicate undertone is unique and tenacious.
Mixex Well With	: Rock rose, Bergamot, Cypress, Angelica, Juniper, Sandalwood, Vetiver and all Citruses.

J

JASMINE

Jasmine is one of the most expensive oils. It is especially calming for those times when you are feeling disconnected, out of control, not knowing what to do. The smell of this oil can bring the balance, possibilities, hope, connectedness and confidence. It is very balancing to both male and female hormones. It is also very attracting to the opposite sex and an excellent aphrodisiac. It may prevent uterine problems and also be helpful in skin care. It is also used as excellent brain stimulant.

Common Name : Jasmine
Family Name : Oleaceae
Botanical Name : *Jasminum grandiflorum (J. officinale)*
Other Name : Jati
Dosha Effect : P K-, V +
Taste : Bitter and sweet.
PD Taste : Pungent.
Energy : Cooling and moisturizing.

Actions	: Alternative, refrigerant, emmenagogue, nervine, antibacterial, aphrodisiac and antidepressant.
Tissues	: Plasma, blood, bone, marrow and reproductive.
Indications	: Emotional disturbance, headache, fever, sunstroke, conjunctivitis, childbirth, dermatitis, burning urethra, bleeding disorders, bacterial or viral infections, cancer of lymph nodes, bone cancer, dry skin, dermatitis, anxiety and lack of confidence.
Warning	: Do not take internally.
Usage	: Perfume, lotion, aroma lamp, bath and massage.
Aroma	: Generally warm, intensely floral, somewhat indolic-sharp, but immensely rich and tenacious, herbaceous-sweet, fatty green and tea-like undertones.
Mixes Well With	: Rose, Sandalwood, all Citrus, Juniper, Cypress, Champa, Chamomile, Ylang ylang, Cinnamon, Rosewood and Violet.

Note : Jasmine is found wild throughout India upto 2500 m. Besides, it is extensively cultivated in may parts of the country. Jatyadi taila, and Jatyadi ghrit are prepared from Jasmine oil in ayurveda. Jasmine flowers are also offered to *Deities* as sacred to them in various parts of India.

JATAMANSI

Jatamansi, which is also known Spikenard, has a very strong smell and has been a valued oil since ancient times. In the New Testament, Mary Magdalene used an entire year's income to purchase a small quantity of spikenard for Jesus. At the Last Supper, she massaged his feet and anointed his head with it. When his disciples protested her close contact, Jesus vigorously defended her.

It is one of the best oils for calming the nerves. It is grounding for *Vata*; assisting in controlling the nerves and an out-of-balance mind. In India it is known to be a post-digestive oil. Its one drop taken near the end of the meal with food or drink calms the stomach. It is a stimulant to the male hormonal system, and brings courage and power. It contains very strong grounding elements, helping people to feel in charge of their lives. It is preserving to mature skin, giving youthfulness and moisture. Jatamansi is excellent for circulation and in helping to regulate the heart.

Common Name : Jatamansi
Family Name : Valerianaceae
Botanical Name : *Nardostachys grandiflora*
Other Names : Balchar, Spikenard
Dosha Effect : K V-, P+
Taste : Sweet and pungent.
PD Taste : Sweet.
Energy : Warming and moisturizing.
Actions : Expectorant, nutritive tonic, sedative, alterative and demulcent of internal organs.
Tissues : Skin, reproductive, endocrine and digestive.
Indications : Menopause, digestion and hormonal stimulant for men.
Warning : Too much can dull the brain.
Usage : Cosmetic, skin care, perfumes, bath, patches, compress, massage oil and food.
Aroma : Heavy, sweet, woody and spicy-animal odour reminiscent of Valerian, Ginger, Cardamon and Atlas Cedarwood.
Mixes Well With : Dhavana, Champa, Angelica, Clary sage, Geranium, Yarrow, Patchouli, Cajeput, Cedarwood, Labdanum, Lavender, Oakmoss, Pine, Vetiver, Ginger and Cardamon.

Note : This plant is found distributed in alpine Himalayas between 3352-4572 m, extending eastwards from Kumaon to Sikkim upto 5181 m. Its roots and aromatic rhizomes are used as a good substitute of Valerian drug, obtained from *Valeriana officinalis*.

JUNIPER

Juniper is a bushy plant, which become prostrate at high elevations with broader leaves and attains a height of 70 – 80 cm. It runs wild in Western Himalayas from Kumaon westwards between an altitude of 3810-4267 m.

The oil of Juniper-berries is colourless or pale greenish-yellow limpid, but on exposure, it rapidly thickens and turns yellow and ultimately reddish-brown, at the same time acquiring an acid reaction. Mostly the oil is extracted from its fruits for various purposes and largely, it is used in compounding gin flaovours and cordials. Medicinally, this oil possesses heating qualities and the movement of fluid. It is wonderful for both *Vata* and *Kapha* arthritis and rheumatism. This can be used an aid in promoting menstruation and also in bladder infections.

Common Name	:	Juniperberry
Family Name	:	Cupressaceae
Botanical Name	:	*Juniperus communis*
Other Names	:	Hapusha, Hauber
Dosha Effect	:	K V-, P+, (V+ in excess)
Taste	:	Pungent, bitter and sweet.
PD Taste	:	Pungent.
Energy	:	Heating.
Actions	:	Diuretic, diaphoretic, carminative, analgesic, stimulant, disinfectant, astringent and bactericidal.
Tissues	:	Plasma, blood, muscle, fat, bone, marrow, nerves, lymph and uterus.
Indications	:	Dropsy, edema, sciatica, lumbago, arthritis, rheumatism, swollen joints, diabetes, weak digestion, weak immune system and dysmenorrhoea.
Warning	:	Not to be used for acute kidney infections or during pregnancy.
Usage	:	Bath, lotion, aroma lamp, weight loss formulas,

massage oil, lotion and inhalation.

Aroma : Fresh, yet warm, rich-balsamic, woody-sweet and pine-needle-like odour.

Mixes Well With : All Citrus, Cypress, Eucalyptus, Cajaput, Labdanum, Opoponox, Elemi, Clary sage, Lavender and Benzoin.

Note : The other species used for extracting oil, are: *J. macropoda*, *J. squamata* and *J. pseudo-sabina*. All these are met in India.

K

KEWADA

This is another one of the wonderful *attars* of India. *Kewada* oil is obtained from a dioecious tree or shrub, which is densely branched with copious aerial roots and glaucous-green, and coracious leaves reaching a height of 90-150 cm. It is known to occur in sea-coast areas, in Andamanns, in Ramban area near *Danuslıkoti*. Also cultivated in gardens.

Its large flowers, weighing up to six ounces each, are steam distilled with Sandalwood or other perfume oils to produce an *attar*. A medicated oil is often prepared with the crushed flowers and Sesame seed oil. The steam distillation produces such a small amount of very easily lost distillate that the most common form of production involves hydrocarbon extraction, producing first a concrete and then an absolute.

Common Name : Kewada
Family Name : Pandanaceae
Botanical Name : *Pandanus odoratissimus*
Other Names : Ketaki, Keora, Kewda

Dosha Effect : P K-, V + (in excess)
Taste : Sweet and bitter.
Energy : Cooling and moisturizing.
Actions : Calmative, nervine, tonic (nutritive), immune builder and blood tonic.
Tissues : Muscle and blood.
Indications : Liver or gall bladder distress and grieving.
Warning : Do not take internally, most often as absolute.
Usage : Perfume, lotion, massage oil, bath, massage, anointment of third *chakra*.
Aroma : Very sweet, hyacinth-honey-like short topnote of faint, sweet-floral and fresh tone-out.
Mixes Well With : Angelica, Rose wood, Lavender, Myrrh, Rose, Lilac, Styrax, Galbanum, Clary sage, Bergamot and Ylang ylang.

Note : In India, *Kewada* is used in various religious ceremonies, especially for grieving the dead. It helps with attachment and letting go of anger and resentment. It is used in ayurvedic medicine for allergies and spleen disorders; helps self esteem, attuning with the divine will of God, and is recommended for transition.

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L

LAVENDER

Lavender is a native plant of France and the western Mediterranean region, but is cultivated world wide for its volatile oil. It is definitely the most important oil to have in a travel kit or first aid package. If you are tired and stressed out, it will relax you. If you are depressed, it will uplift you and if you are angry and hypertensive, it will calm you. It is one of the essential oils that is excellent for children. It is wonderful for blending because you can use it as a modifier, middle note, or to cover any unpleasant oil whose therapeutic effect you want to equalize in a blend. Because of its antipyretic and diaphoretic properties, it is excellent for fever.

Common Name : Lavender
Family Name : Lamiaceae (Labiatae)
Botanical Name : *Lavendula officinalis*
Other Name : Angustifolia
Dosha Effect : P K-, V o
Taste : Pungent.

PD Taste : Pungent.

Energy : Slightly cooling and neutral.

Actions : Carminative, diuretic, antispasmodic, antiseptic, analgesic, galactogogue, stimulant, balancing and diuretic.

Tissues : All elements.

Indications : Burns, wounds, insect bites, eczema, dermatitis, boils, leg ulcers, fever blisters, herpes, rheumatism, neuritis, lumbago, ear infections, headache, yeast infection, athlete's foot, colds, flu, bronchitis, motion sickness, gall bladder disorders, high blood pressure, nervous heart, stress, insomnia, irritability, mood swings, dry skin, acne, fluid retention, hair loss and dandruff.

Warning : Do not use with preparations containing iodine or iron.

Usage : All aroma lamp, inhalation, bath, lotion, massage oil, sprayer, food, laundry scent, pillow; can be used directly on the skin.

Aroma : Rich, sweet-herbaceous, floral odour, woody-herby undertones and coumarin-like sweetness.

Mixes Well With : All oils, but especially Citrus, Geranium, Rose, Neroli, Clove, Patchouli, Rosemary, Clary sage and Conifers. May be blended with any unpleasant or strong-smelling oil.

LEMON BALM

Lemon balm or the *Melissa*, is one of the rarest, least available, and often most misrepresented of essential oils. It is one of the most important oils for the immune system, allergies, stimulation of the thymus, and lymphatic drainage. Its components are especially effective with virus and various forms of herpes, and good for the digestion, especially the liver and gallbladder. It is also a regulator of the hormonal system. It is excellent for couch potatoes who do not know what to do with their lives, and can be an effective inhalation when you are working on your purpose or setting goals. Helpful with all stagnated tissue, bruises, obesity and an especially good hair oil for dandruff.

Common Name : Lemon Balm

Family Name : Lamiaceae (Labiatae)

Botanical Name : *Melissa officinalis*

Other Name : Melissa

Dosha Effect : KP-, V o

Taste : Pungent and sour-sweet.

PD Taste : Pungent.

Energy : Cooling and moisturizing.

Actions : Diaphoretic, carminative, nervine, antispasmodic, sedative and antipyretic.

Tissues : Nerve, blood, lymphatic muscle, organ tissue and spleen.

Indications : Infant and child afflictions, fever, colds, flus, melancholy and menopause.

Warning : Beware of adulterations.

Usage : Shampoo, perfumes, lotion, massage oils, shower gel, compress and aroma lamp.

Aroma : Citral-like, fresh top note with a sweet herbaceous odour.

Mixes Well With : Geranium, Champa, Eucalyptus, Lavender, Basil, Bergamot and Rose wood.

Note : This a native of southrn Europe, western Asia and nothern Africa, but now got naturalized throughout the world. The plant is propagated from seeds or its cuttings in spring season. Its aerial parts are picked from early summer onwards and are best harvested just before the flowers open, when the concentration of volatile oil is at its highest.

LEMON OIL

Lemon is one of the most common oils and is most often cold pressed because of its availability. It has a fresh, clean, familiar smell. It is a favourite additive to detergents, dish soap, household cleansers, bleach, and is a wonderful addition to foods. Some countries require that the lemon oil offered in their pharmacies contain a certain percentage of natural citrol which can vary due to weather and harvesting conditions. Occasionally, batches are adulterated with chemically-produced citrol to meet this requirement. A more common practice is the intentional removal of terpenes which produces an oil which is much gentler and more suitable for skin care use. These oils are labelled *terpene free*. More rare, and expensive, is steam-distilled lemon oil which has an indefinite shelf life as opposed to one to two years, and is also the most suitable for skin care.

Lemon oil is excellent for concentration. Its clean, refreshing energy is a stimulant to the nervous system. In blending, it can be very helpful to add life to a mixture which is flat. It is a stimulant to the immune system and a blood cleanser; especially useful for viruses.

Common Name	: Lemon
Family Name	: Rutaceae
Botanical Name	: *Citrus limonum*
Dosha Effect	: PV-, Ko
Taste	: Sour and sweet.
PD Taste	: Sour.
Energy	: Cooling and drying.
Actions	: Expectorant, carminative, astringent, stimulant, antiseptic, deputative, antivirus and anti-depressant.
Tissues	: Skin and nerves.
Indications	: Oily skin, digestive problems, infectious diseases, viral diseases, leucocyte formation, anaemia, hypertension, hyperviscosity, low immunity,

cellulitis, anxiety, lymph and gall bladder or liver congestion.

Warning : May cause irritation to sensitive skin; possible phototoxin.

Usage : All, especially food, bath, aromatherapy, lotion, shampoo, conditioner, inhalation and massage oil.

Aroma : Very light, fresh and sweet odour of short duration, reminiscent of the ripe peel.

Mixes Well With : All citrus, Juniper, Cypress, Lavender, Labdanum, Dhavana, Jatamansi, Mints, Elemi, Petitgrain and Neroli.

Note : Commercial lemon production developed first in Italy, mainly in Sicily. California is the largest producer, followed closely by Italy. Argentina, Brazil, Spain, Greece, and Turkey are also significant producers, with some commercial production in most Mediterranean countries and in Australia and South Africa. The United States produces about one-third of the total world production.

LEMONGRASS

Lemongrass is very prolific grass, which grows upto 2 m in height and is harvested in six months after planting, and can be cut three to four times a year.

Lemongrass contains very high water-soluble vitamin A, and is excellent for the immune system, the lymphatics, the blood and circulation. It is an excellent antidepressant. It works wonders with connective tissues and back pain. It is known to assist with headache relief, kidney infections and swelling. lemongrass oil can also be used for stimulating the thyroid. It is used extensively by the cosmetics industry for soaps and skin care products. It is one of the oils least tolerated by insects and is great in any mosquito repellent spray. As such, this grass is much cultivated as a culinary herb and for medicinal uses.

Common Name : Lemongrass
Family Name : Poaceae (Gramineae)
Botanical Name : *Cymbopogon citratus*
Dosha Effect : P K-, V o
Taste : Pungent and bitter.
PD Taste : Pungent.
Energy : Cooling and moisturizing.
Actions : Diuretic, diaphoretic, refrigerant, antiseptic, stimulant, tonic and astringent.
Tissues : Blood, muscle, marrow and lymphatic.
Indications : Weak digestion, flatulence, intestinal infections, bladder and kidney infections, fluid retention, edema, varicose veins, oily skin, large pores, poor concentration, long trips and difficult mornings.
Warning : May irritate sensitive skin when used as compress or facial oil.
Usage : Compress, cooking, massage oil, aroma lamp, bath, shampoo and inhalation.
Aroma : Very strong, fresh grassy lemon-type herbaceous or tea-like odour.
Mixes well with : Bergamot, Rosemary, Lavender, Juniper, Hyssop, Pine and Rosewood.

LIME

Limes are believed to have originated in northeastern India or adjoining portions of Burma or northern Malaysia. It probably was introduced into Europe by the Arabs and was brought to the Americas by the Spanish and Portuguese explorers in the sixteenth century. It escaped cultivation and became feral in parts of the West Indies, some Caribbean countries, and southern Florida.

In India, it is found in the tropical parts including valleys of the Himalayas and the Khasi hills. Also cultivated in West Bengal, Punjab, Madhya Pradesh, Maharashtra, Karnataka, Andhra Pradesh, Tamil Nadu, Uttar Pradesh and the Uttaranchal.

Lime can be used externally as a disinfectant for cuts or infections in a 15 percent solution (15 percent essential oil and 85 percent water or oil), or internally to fight viruses. In body care it has a deodourizing effect and tightens the skin and connective tissue. Known to have carminative and diuretic qualities, lime may be used as a food flavouring and in men's toiletries.

Common Name : Lime
Family Name : Rutaceae
Botanical Names : *Citrus aurantifolia* (*C. medica* var. *acida*)
Other Names : Jambira, Kaghzi-nimbu
Dosha Effect : P K-, V +
Taste : Sour and bitter.
PD Taste : Sour.
Energy : Cooling and drying.
Actions : Refrigerant, carminative, expectorant, stimulant, diuretic, antiseptic, antispasmodic, antidepressant, tonic and virus protection.
Tissues : Skin, digestive, respiratory and nervous system.
Indications : Hot climates, poor digestion, lymph congestion, gall bladder congestion, liver problems, anaemia, obesity, asthma, bronchitis, anxiety, depression and infections.
Warning : Do not use on skin when sunbathing.
Usage : Aroma lamp, massage oil, bath, conditioner, inhalation, food and aftershave.
Aroma : Intensely fresh, rich and sweet and peel-like.
Mixes Well With : All Citruses, Lavender, Lemongrass, Petitgrain, Rosewood.

M

MANDARIN

Mandarin is a name used to designate a large group of citrus fruits in the species *Citrus reticulata* and some of its hybrids. This group is variable in the character of trees and fruits since the term is used in a general sense to include many different forms, such as Tangerines, King Oranges, Temple oranges, Tangelos (hybrids between grapefruit and tangerine), Satsuma oranges, and Calamondin, presumably a hybrid between a Mandarin and a Kumquat.

Mandarin oil is very calming and soothing for stress. It can be combined with orange to make a *happy oil* to bring cheer into the atmosphere. It is good for children and is a nice addition to massage oil for people who need a familiar smell. Its aroma is excellent for digestion. It can be used on the skin for teenagers who are growing quickly and developing stretch marks, and for stretch marks during pregnancy.

Common Name : Mandarin
Family Name : Rutaceae
Botanical Names : *Citrus reticulata* (*C. aurantium* var. *aurantium*)

Other Names	:	Narangi, Red Mandarin
Dosha Effect	:	P K-, V + (in excess)
Taste	:	Sweet, sour and bitter.
PD Taste	:	Sour.
Energy	:	Cooling and drying.
Actions	:	Calming, antispasmodic, nervine, astringent and hypnotic.
Tissues	:	Nerves, skin and digestive.
Indications	:	Nervous tension, insomnia and epilepsy.
Warning	:	All citrus must be used with care when in direct sunlight.
Usage	:	Massage oil, compress, lotion, aroma lamp and cooking.
Aroma	:	Intensely sweet, not very fresh odour, sometimes amine-like, *fishy* topnote, rich, neroli-like and floral undertone.
Mixes Well With	:	Jasmine, Neroli, Dhavana, Cypress, Frankincense, Geranium, Rosewood and Petitgrain.

Note : Various species of *Citrus* are cultivated worldwide; India also cultivate some of its species.

MARJORAM

Marjoram is a native of Mediterranean, but much cultivated as a culinary herb and for its essential oils in many parts of the world. Now-a-days, this is most popular as an anti-aphrodisiac; used extensively and defensively by those women wishing a decrease in advances by their spouses. It also works well with tension and letting go. Not the most pleasant of smells, it can be masked with lighter flowery scents such as Lavender, Champa and Citrus, when making a blend for migraines and muscle pain. It can be useful for sinus congestion, indigestion and gas. As a dilator of blood vessels, it can stimulate menstruation, but should not be taken during pregnancy.

Common Name : Marjoram
Family Name : Lamiaceae (Labiatae)
Botanical Names : *Majorana hortensis* (*Origanum majorana*)
Dosha Effect : K V-, P+
Taste : Pungent and bitter.
PD Taste : Pungent.
Energy : Heating.
Actions : Stimulant, antispasmodic, diaphoretic, emmenagogue, hypotensor, vasodilator, analgesic, sedative and anti-aphrodisiac.
Tissues : Nerve, skin, reproductive and circulatory.
Indications : Emotional exhaustion, migraine with neck tension, excessive sexual drive, sore muscles, congestion, poor digestion, flatulence, intestinal cramps, high blood pressure, PMS and insomnia.
Warning : Marjoram will cut down sexual desire; too much will cause lethargy.
Usage : Massage oil, lotion, bath, compress, coolant and inhalant.
Aroma : Warm-spicy aromatic-camphoraceous and woody odour, reminiscent of Nutmeg and Cardamon.
Mixes Well With : Anything which will mask its smell.

MOROCCAN CHAMOMILE

This Chamomile is actually gathered wild on the hillsides of Morocco, hence it is named Moroccan Chamomile. When distilled, azulene is produced, and makes this oil a very deep blue coloured. Its smell is much warmer and sweeter than the somewhat bitter Blue Chamomile. It finds wider use in perfumery because of its sweetness.

Common Name : Moroccan Chamomile

Family Name : Tanaceae

Botannical Name : *Tanacetum anuum*

Dosba effect : V P-, K + (in excess)

Taste : Sweet, bitter and pungent.

PD Taste : Sweet.

Energy : Cooling and drying.

Actions : Anti-inflammatory, analgesic, antispasmodic, sedative, cholagogue and hepatic.

Tissues : Skin.

Indications : Acne, dermatitis, inflamed skin, arthritis, abscess, bruises and in colic for external application.

Warning : External use only if absolute.

Usage : Massage oil, skin lotion, shampoo and conditioner.

Aroma : Intensely sweet, warm like fresh-mown hay with floral undertones.

Mixes Well With : Rose, Lavender, Chamomile, Geranium, Jatamansi, Juniper, Cypress, Labdanum, Vetiver and Cedarwood.

MUSK

Musk is used in almost all Indian perfumes as a stabilizer, base note, and an extender for the lighter essential oils which are added to it. As such, it is cultivated throughout the country. It is excellent for aphrodisiac formulas. It is distilled from the seeds of a variety of *Hibiscus*, and is very thick and clear. It is an environmentally conscious alternative to the use of musk from musk deer. The practice of killing the animal has almost eradicated the species, although it is possible to extract the musk sacs without killing the animal.

Common Name : Musk

Family Name : Malvaceae

Botanical Names : *Abelmoschus moschatus* (*Hibiscus abelmoschus*)

Other Names : Mushkdana, Veggie Musk

Dosha Effect : P V K –

Taste : Sweet.

Energy : Warming and moisturizing.

Actions : Strengthening, eroticizing, refreshing and opening.

Tissues : Skin.

Indications : Frigidity, impotence and stagnation.

Warning : Beware of absolute form.

Usage : Perfumes, bath, body lotion, aftershave and massage oil.

Aroma : Rich sweet, floral-musky with a distinct wine-like odour.

Mixes Well With : Jasmine, Geranium, Rose, Champa, Ylang ylang, Lemon, Sandalwood, Bergamot and Coriander.

MYRRH

Myrrh is one of the oldest of essential oils. This oil is made from the gum resin of a bush that grows in Arabia and Africa. It is one of the gifts brought to the Christ Child by the Magi. It is used to preserve divine essence, and to maintain and support that state of grace. The oil is excellent for *Kapha* emotions, and for people who are afraid to speak up about their feelings. This oil creates confidence and awareness. As it moves fluids, it is excellent for weight loss. Used originally to preserve the bodies of the pharaohs, it continues to be a preservative and restorer of youth and is used extensively in cosmetics for mature skin and the prevention of wrinkles. Myrrh has very strong antiseptic and antifungal qualities. Its centering properties make it an excellent inhalation for compulsive eaters, in part because it connects them with real issues and does not allow them to hide behind their food.

Common Name : Myrrh

Family Name : Burseraceae

Botanical Name : *Commiphora myrrha*

Other Name : Bola

Dosha Effect : K V-, P+

Taste : Bitter and pungent.

PD Taste : Pungent.

Energy : Heating.

Actions : Alterative, analgesic, emmenagogue, rejuvenative, astringent, expectorant, antispasmodic and antiseptic.

Tissues : All tissues.

Indications : Amenorrhoea, dysmenorrhoea, menopause, cough, asthma, bronchitis, arthritis, rheumatism, traumatic injuries, ulcerated surfaces, anaemia and pyorrhoea.

Warning : Aggravates *Pitta*, i.e., the excess heat in the body.

Usage : Lotion, salve, massage oil, weight reduction formulas.

Aroma : Warm-spicy, showing a very peculiar sharp-balsamic, slightly medicinal topnote; the sweetness increases to a deep, warm-spicy and aromatic dryout, which is unique.

Mixes Well With : Frankincense, Orange, Tangerine, Juniper, Cypress, Geranium, Musk, Pine, Patchouli and heavy flower oils.

Note : Its other species, *Commiphora wightii* is found in the arid and rocky zones in some parts of South-west and North - western regions of India including Mysore and Rajasthan.The gum obtained from the tree, is burnt as incense on the holy occasion throughout the country.

MYRTLE

Myrtle is produced from an evergreen bush that grows around the Mediterranean region. It is often helpful with allergies, because it adjusts the mind into tolerance of the psychological component, where someone or something the person is irritated with. Its clarifying effects can help us gain insight. It can be very helpful in meditation. It is also useful with addictions and other dependency problems. It is used in skin care as a cleanser and toner, and is especially effective with *Pitta* skin.

Common Name : Myrtle
Family Name : Myrtaceae
Botanical Names : *Myrtus communis* (*M. acuta; M. media; M. minima*)
Other Names : Habulas, Murad, Vilayati Mehndi
Dosha Effect : K P-, V +
Taste : Sweet and pungent.
PD Taste : Pungent.
Energy : Warming and drying.
Actions : Expectorant, antiseptic, astringent and tonic; strengthening meditation and balancing.
Tissues : Respiratory.
Indications : Colds, bronchitis, coughs, tuberculosis, smoker's cough, sinus infection, urinary infections, respiratory tract ailments, addictions, transitions, oily skin and acne.
Warning : None.
Usage : Compress, massage oil, salve, diffusor, humidifier, cooking and inhalations.
Aroma : Strongly camphoraceous-spicy, also sweet-herbaceous and fresh body notes.
Mixes Well With : Jatamansi, Jasmine, Sandalwood, Lemon, Dhavana, Keawa, Rose, Eucalyptus, Camphor, Clove bud, Cinnamon, Bergamot, Lavender, Rosemary, Clary sage, Hyssop, Lime and Bay.

Note : In India, it is cultivated in Northwest Himalayan region. Its leaves are used as flavouring agent and in perfumery. Besides, its berries are also used for flavouring wines and foods locally.

N

NEROLI

Neroli is named after a famous Italian princess who wore it as her signature perfume. It is made from the flowers of the orange tree. Sometimes steam distilled, often sold as an absolute or more costly carbondioxide derivative. It is one of the most expensive of oils. It is also one of the most intense-smelling oils, best appreciated in very mild dilutions. Neroli connects you to the God self within. It gives confidence and strength to the mind, has relaxing properties which help with sleeplessness, and can be an ally during times of stress. It has a special affinity for the female immune system. It helps the women in almost any stage of transition, reduces cramps, assists in menopause, and is excellent with depression, anger, the heart. In skin care, Neroli is anti-*Pitta*, helping with inflammation and broken vessels.

Common Name : Neroli
Family Name : Rutaceae
Botanical Name : *Citrus bigaradia*
Other Names : Karna, Orange Blossom

Dosha Effect : P V-, K+
Taste : Sweet and bitter.
PD Taste : Sweet
Energy : Cooling and moisturizing.
Actions : Antispasmodic, antiseptic, calmative, carminative, tonic, stimulant, antidepressant and germicidal.
Tissues : Skin, nerve, reproductive and circulatory.
Indications : Headaches, flatulence, tachycardia, nervous heart, PMS, emotional instability, insomnia, test anxiety, hopelessness, aging skin and dermatitis.
Warning : Avoid internal use of absolute.
Usage : Perfume, bath, lotion, massage oil, inhalation and aroma lamp.
Aroma : Very powerful, light and refreshing, floral with a peculiar sweet-terpeney top note but poor tenacity and top note material extraordinaire.
Mixes Well With : Rose, Lavender, Sandalwood, Jasmine, Cypress, Juniper and all Citrus, Rosewood, Petitgrain, Chamomile, Everlasting, Cardamon, Myrrh and Opoponox.

Note : Commercially it is sold under trade name, *Bitter Orange* and is cultivated in tropical countries including India.

NIAOULI

Niaouli plant is a native of Australia. Its oil is excellent for the respiratory system and urinary tract, like Eucalyptus and Tea tree oil, and it works well as a liniment for various types of arthritic pains. Niaouli in combination with Lemon can be an internal remedy for ear infection. It is often used in aphrodisiac blends. It is a stimulant and tonic for digestion and circulation and has analgesic properties similar to cloves. Some sources report that it can influence, and stimulate vivid dream activity. But much of this oil can decrease your brain activity because of its grounding properties. Use with care, no more than one to two drops a day.

Common Name : Niaouli
Family Name : Myrtaceae
Botanical Name : *Melaleuca virdiflora*
Dosha Effect : P K-, V +
Taste : Bitter, astringent and sweet.
PD Taste : Sweet.
Energy : Cooling and moisturizing.
Actions : Balancing, antiseptic, stimulant and expectorant.
Tissues : Nerve, skin and respiratory.
Indications : Bronchial problems, urinary tract problems, colds, flus, bronchitis, coughs, wounds, ear infections, rheumatism, acne, burns and earache.
Warning : Do not use directly on skin; use always dilute.
Usage : Lotion, massage oils, aroma lamp, salve and inhalations.
Aroma : Strong, fresh, sweet-camphoraceous but cooling odour, reminiscent of Eucalyptus and Cardamon, however and less spicy.
Mixes Well With : Lemon, Tea tree, Myrtle, Hyssop, Eucalyptus, Rosemary, St. Johns Wort and Orange.

NUTMEG

The Nutmeg tree is a native of the Moluccas, or Spice Islands and is cultivated in hotter parts of India. The fruits are produced throughout the year and are picked when the husks split open. The mace is removed from the husks, flattened, and dried. It is used in making pickles, ketchup, and sauces. When the seeds are thoroughly dried, the shells are cracked off, then their kernels are removed and sorted, and often treated with lime to prevent damage by insects. Grated nutmeg is used in custards, puddings, and other sweet dishes, also in various beverages.

Nutmeg oil is steam-distilled obtained from its dried fruits. It is used in medicine, perfumery, and dentifrices, and in the tobacco industry. In small quantities it can stimulate brain activity, digestion, blood flow and nerve impulses. Beware of its excess use as it can cause dulling of the brain. Useful for grounding, it can calm and strengthen when added to a blend.

Common Name : Nutmeg
Family Name : Myrtaceae
Botanical Name : *Myristica fragrans*
Other Name : Jatiphala
Dosha Effect : V K-, P+
Taste : Pungent.
PD Taste : Pungent.
Energy : Heating.
Actions : Astringent, carminative, sedative, nervine, aphrodisiac, stimulant and helps dream recall.
Tissues : Plasma, muscle, marrow, and nerve and reproductive.
Indications : Poor absorption, abdominal pain and distention, diarrhoea, dysentery, intestinal gas, insomnia, nervous disorders, impotence, poor circulation, menstrual irregularity, rheumatism and low energy.
Warning : Avoid during pregnancy, high *Pitta*; toxic in large quantities, as little as one teaspoon may be fatal.
Usage : Lotions, toothache, aphrodisiac, massage oil, and aroma lamp.
Aroma : Light, fresh, warm-spicy and aromatic odour, a distinctly terpeney topnote and a rich, sweet-spicy, warm bodynote; undertone and dryout is some what woody.
Mixes Well With : Bay, Lavender, Cumin, Peru Balsam and Cinnamon.

O

OAKMOSS

Oakmoss oil is extracted from a lichen, which basically is found distributed in the forests, mainly on *Betula*, *Fagus* and *Quercus* plants and on isolated trees; most commonly on acid bark, including that of introduced conifers.

Oakmoss oil is mostly used by perfumers. Its odour is so strong that in making this oil the equipment cannot be used for production of anything else. It is valued because of its fixative qualities, erotic, balancing and calming effects in blends.

Common Name : Oakmoss
Family Name : Parmeliaceae
Botanical Names : *Pseudevernia furfuracea* (*Evernia furfuracea; Parmelia furfuracea*)
Dosha Effect : VPK-
Taste : Not for internal use.
Energy : Warming.
Actions : Sedative, calming and aphrodisiac.

Tissues	Nerves and skin.
Indications	Stress and frigidity.
Warning	Do not take internally, extracted with solvent.
Usage	Perfumes and lotions.
Aroma	Very dry, woody, earth-like, bark-like, with a leather-like undertone.
Mixes Well With	Mixes in perfumes.

ONION

Onion, like garlic is highly rejuvenative, especially for the nerve tissue, if both of them are used combindely and in cooking. Although it is used extensively in medicine and in the food flavouring industry, no one in their right mind would ever use this oil for aromatherapy. Its fresh plants contain sufficient qualities of the oils to provide most abundant onion oil simply though the eating habits.

Common Name	Onion
Family Name	Liliaceae
Botanical Name	*Allium cepa*
Other Name	Piyaz
Dosha Effect	K V-, P+
Taste	Pungent and sweet.
PD Taste	Pungent.
Energy	Heating and drying.
Actions	Stimulant, carminative, expectorant, alternative, antispasmodic, aphrodisiac, disinfectant, rejuvenative.
Tissues	All tissues, systems—digestive, respiratory, nervous, reproductive and circulatory.
Indications	Colds, skin disease, parasites, joint problems and fluid retention.
Warning	Odour nearly impossible to counteract; hence not recommended.

Usage : Cooking, cough medicines and food.

Aroma : Obnoxiously sulfuraceous with the distinct intense smell of the crushed plant bulb.

Mixes Well With : Ginger, Black pepper, Cumin, Coriander, Eucalyptus and food.

Note : Onion is cultivated along with Garlic throughout India.

ORANGE

Orange oil is one of the least expensive oils produced, pressed from the skin of the orange fruits which is abundantly available. Although it is not as fine, it is similar to Neroli in properties. It has a very familiar scent because of its abundant industrial and food flavour use. It is particularly useful for skin care, especially for cellulite, which is sometimes called orange skin because of the dimpling that resembles the skin of an orange. It is very good for dry skin conditions and cellulite. It is wonderful for opening the heart, and is beneficial for sadness, nervousness and anxiety. It can be relaxing or energizing from person to person.

Common Name : Orange

Family Name : Rutaceae

Botanical Name : *Citrus aurantium*

Other Names : Santara, Seville

Dosha Effect : V K-, P+

Taste : Pungent and bitter.

PD Taste : Pungent.

Energy : Heating.

Actions : Carminative, expectorant, stimulant, anti-inflammatory, heart tonic, disinfectant, antipyretic.

Tissues : All tissues.

Indications : Weak digestion, gallbladder blockage, heart muscle spasm, irregular heartbeat, bladder and kidney disorders, fever, gingivitis, cellulite, dry skin, aging skin, anxiety, sadness, self-consciousness.

Warning : May irritate sensitive skin, when exposed to sun.

Usage : Bath, massage oil, aroma lamp, perfumes, spritzer and cooking

Aroma : Sweet, light and fresh, fruity-aldehydic odour and flavour, distinctly reminiscent of the odour from a scratched sweet orange peel.

Mixes Well With : Coriander, Ylang ylang, Sandalwood, Juniper, Cypress and Neroli, Lavender, Rosemary, Clary sage, Oakmoss, Labdanum and Frankincense.

Note : It is much cultivated in many parts of the country; also got naturalized in some locations.

OUD

Oud is also known as *Agar Oil*. It is one of the most highly priced oils in the world. In India, its plants are known to occur in the forests of eastern parts in Arunachal Pradesh and hilly tracts of Assam, Manipur, Nagaland and Tripura.

This oil is made only from older agar trees which have been invaded by a fungus. It is used in India and ceremonially by the Arabs and Japanese for anointing the dead and to assist in the transition to the afterlife. Eastern peoples believe that upon death the soul can be *lost* for a period of time. This can be avoided by anointing the person and his close relatives to create a connection so that the relatives can guide the deceased during this critical period of time.

The smell of oud is sweet-sour-rich woody, almost balsamic. This oil is used in fine oriental perfumes. Its drops are also used in Indian betel tobacco.

Common Name : Oud

Family Name : Thymeleaceae

Botanical Names : *Aquilaria malaccensis* (*A. agallocha*)

Other Names : Agar, Agaru

Dosha Effect : V P K=

Taste : Sweet and astringent.

Energy : Warming and balancing.

Actions : Energy purifying and balancing, relaxant, rejuvenative, transformative, clairvoyant and transcending.

Tissues : All tissues.

Indications : None.

Warning : Do not use, when public speaking or driving a car.

Usage : Anointing *chakras* and inhalation.

Aroma : Rich and sweet-woody, almost balsamic odour like styrax with a sweetness similar to sandalwood.

Mixes Well With : Rose, Geranium, Champa, Cyperus, Sandalwood, Vetiver, Rosewood, Lavender and Musk.

Note : A blended oil named *Agruadi taila* is prepared from the oil of *Agar* in ayurveda. Besides a blend containing vegetable Musk, Oud and some other components, is a more affordable way to experience Oud. The blend is made in *attar* form where several oils are distilled together to create a less expensive oil at a more affordable price, with a wonderful blended smell. The oil combines the properties of the raw materials, creating and strengthening an elevating effect on the nervous system. It is good for all *doshas* and *is* sweet and bitter in taste. It is used in perfumes, massage oils, compress, soap and aroma lamp.

P

PALMAROSA

Palmarosa grass is found almost throughout the country and sometimes, also cultivated in dry localities. It is used widely in ayurvedic skin care. It is also good for all skin types because it is a cellular stimulator and supports all cell regulation. It is supposed to be highly antiseptic, calming, uplifting, and anti-depressive. It can be a stimulant to the endocrine system and to lymphatic drainage also. Some people love its odour, but it is quite sedating.

Common Name	Palmarosa
Family Name	Poaceae (Gramineae)
Botanical Name	*Cymbopogon martinii*
Other Names	Dhyamakah, Rohisah
Dosha Effect	V PK –
Taste	Astringent and bitter sweet.
PD Taste	Sweet.
Energy	Cooling and moisturizing.
Actions	Antiseptic, cell regenerator, stimulant,

	moisturizer and aphrodisiac.
Tissues	: Skin, nerves, digestive, endocrine and lymph.
Indications	: Acne, dermatitis, general skin care, dry skin, digestive problems and wrinkles.
Warning	: None
Usage	: Bath drops, inhalation, facial lotion, massage oil and ointments.
Aroma	: Sweet, floral-rosy, various undertones or topnotes according to quality and age of oil.
Mixes Well With	: Rose, Geranium, Frankincense, Jasmine, Myrrh, Lemon, Champa, Jatamansi, Chamomiles, Rosewood, Oakmoss and all Citrus.

PARSLEY SEED OIL

Parsley is a native of Mediterranean region and cutlivated worldwide for its foliage. It is used to garnish and flavour the foods. Its oil contains a large quantities of vitamins A and C and has been used for 2000 years or more. Still todays, it is grown much as kitchen garden plant for its vitamin contents.

Its seed-oil is used commonly by the food industry in soups and sauces. It is excellent to counter bad breath, especial1y after a meal of strong garlic dishes. Parsley seed oil is a strong diuretic without causing dehydration. The oil can be made from the plant or the seed, the seed being more costly. Parsley is excellent for the circulation and is known to eliminate broken capillaries in combination with rose oil and cold compresses. An oil made from its leaves retains the fresh herb smell and is used exclusively in food flavouring.

Common Name	: Parsley
Family Name	: Apiaceae (Umbelliferae)
Botanical Names	: *Petroselinum crispum* (*P. sativum*)
Dosha Effect	: KV-, P+
Taste	: Pungent and bitter.
PD Taste	: Pungent.

Energy : Heating and drying.

Actions : Diuretic, emmenagogue, carminative, lithotriptic, laxative and antispasmodic.

Tissues : Plasma, blood and muscles.

Indications : Dropsy, edema, swollen glands, swollen breasts, amenorrhoea, dysmenorrhoea, gall stones, kidney stones, lumbago and sciatica.

Warning : Avoid, if there is acute inflammation of kidneys or female reproductive system, or if high *Pitta* condition is present.

Usage : Compress, cooking, massage and bath.

Aroma : Seed: warm-woody, spicy, somewhat herbaceous but not at all reminiscent of the parsley herb.

Mixes Well With : Juniper, Cajeput, Rosemary, Neroli, Rose, Dill, Myrtle, Tea tree, Oakmoss and Clary sage.

PATCHOULI

Patchouli is mostly cultivated in warm and moist regions in China, India, Malaysia and Philippines. This is the oil most associated with the sixties, often used by people to cover the smell of whatever they were smoking. It is traditionally used as a moth repellent. It is extremely useful for skin infections. Patchouli is often added to perfumes because of its aphrodisiac affect. Its thickness makes it a natural fixative, and it seems to be particularly effective with fungal, yeast and bacterial infections. It can also be useful as a mouthwash or a gargle.

Common Name : Patchouli

Family Name : Lamiaceae (Labiatae)

Botanical Names : *Pogostemon cablin* (*P. patchouli*)

Other Names : Pacholi, Peholi

Dosha Effect : V P-, K +

Taste : Sweet and bitter.

PD Taste : Sweet.

Energy : Warming.

Actions : Regenerative, fungicidal, decongestant, antidepressant, aphrodisiac, antiseptic and tonic.

Tissues : Skin.

Indications : Acne, dermatitis, eczema, aged skin, cracked and chapped skin, impetigo, seborrhoea, dandruff, neurasthenia, anxiety, yeast infections of mouth and vagina, viral infection and wounds.

Warning : Beware of imitation fragrance oils.

Usage : Mixed with Tea tree oil as a mouthwash for infection; as a douche solution for vaginal infections, massage oil, salves, baths and moth repellent.

Aroma : Extremely rich, sweet herbaceous, aromatic-spicy and woody-balsamic; almost wine-like, ethereal-floral sweetness in initial notes, bodynotes display outstanding richness, a root-like note with a delicate earthiness, the sweeter fragrances bring a balance to its earthy base note.

Mixes Well With : Ylang ylang, Lemon, Musk, Neroli and Rose.

PENNYROYAL

Pennyroyal is a native to Europe and western Asia, which has become naturalized in the America. It has a very spicy, aromatic top note, which makes some people nauseous. There have been several deaths from use of this oil as an abortifactant, and so it has a bad reputation in aromatherapy. It is not recommended for internal use and is definitely contraindicated in pregnancy. It is best to use externally as spritzer or lotion for insects.

Common Name : Pennyroyal

Family Name : Lamiaceae (Labiatae)

Botanical Name : *Mentha pulegium*

Dosha Effect : V K-, P+

Taste : Pungent.
PD Taste : Pungent.
Energy : Heating and drying.
Actions : Insect repellent and antivenomous.
Tissues : None.
Indications : Hysteria, nervousness, headaches, fleas and mosquitoes.
Warning : Avoid use during pregnancy; best not used internally.
Usage : Insect repellent and spritzer.
Aroma : Very fresh, strong, herbaceous-minty but not very bitter odour.
Mixes Well With : Rosemary, Pine, Lavender, Citrus, Lemongrass, Citronella and Sage.

PEPPERMINT

Pepperment is obtained from *Mentha piperita*, which is a sterile interspecific hybrid believed to have occurred in nature from the hybridization of fertile *M. aquatica* with fertile *M. spicata*.

It is a stimulant and revitalizer and also excellent for headaches and cough. A derivative, menthol, is used as an important component in the pharmaceutical and tobacco industries. It is one of the best essential oils for *Pitta*, being cooling to the digestive fires. It has both antiseptic and expectorant qualities so it is useful for the respiratory tract as an inhalation. It is also useful for the mouth as a mouth wash. It may be added to toothpaste for healing gum infections and to canker sores. Ten drops added to a bath can have a cooling affect on the body, especially when you get out.

Common Name : Peppermint
Family Name : Lamiaceae (Labiatae)
Botanical Name : *Mentha piperita*
Dosha Effect : PK-, Vo

Taste : Pungent.

PD Taste : Pungent.

Energy : Cooling and moisturizing.

Actions : Diaphoretic, carminative, nervine, stimulant, analgesic, decongestant and antiseptic.

Tissues : Plasma, blood marrow and nerves, gums, GI and skin.

Indications : Colds, fever, sore throat, laryngitis, earache, digestive upset, nervous agitation, headache, dysmenorrhoea, hepatobiliary disorders and asthma.

Warning : It can aggravate severe chills and neurasthenia.

Usage : Compress, lotion, bath, massage oil, toothpaste, gargle, mouthwash, aroma lamp, spritzer, inhalations and salve.

Aroma : Fresh, strong, somewhat grassy-minty odour with a deep balsamic-sweet undertone, and a sweet, clean dryout note.

Mixes Well With : Clary sage, Sage, Eucalyptus, Lavender, Rosemary and Citrus.

Note : Various species of *mints* are either runs wild or cultivated much throughout the country. And Peppermint oil is extracted from thsese species. The main uses of Peppermint oil are to flavour chewing gum, confectionary products, toothpaste, mouthwashes, medicines, and as a carminative in certain medical preparations for the alleviation of digestive disturbances.

PETITGRAIN

Petitgrain oil is made by steam distillation of twigs, leaves, and sometimes unripe fruits of the citruses, including Orange, Lemon and Tangerine. It is mildly reminiscent of Neroli. Coming from the stems and leaves of the plant, it brings a freshness and a strength not found in the fruit. Petitgrain is excellent in a massage oil for muscle spasm and inflamed tissue.

It is good for lymphatic drainage and improves all circulation. It can be helpful as a digestive aid and is very grounding and calming to the nervous system. It is uplifting, good for transition, and for keeping the mind clear.

Common Name : Petitgrain

Family Name : Rutaceae

Botanical Names : Various species of *Citrus* like *Citrus aurantium*, *C. reticulata* and *C. aurantifolia*

Dosha Effect : P K-, Vo

Taste : Bittersweet.

PD Taste : Sweet.

Energy : Warming.

Actions : Digestive, stimulant, antispasmodic, clarifying, antidepressant and tonic.

Tissues : Skin, nerve and digestive.

Indications : Poor memory, confusion, anxiety, digestive problems, dyspepsia, flatulence, joint problems, pain and circulation problems.

Warning : When applied to skin, this may cause discoloration with sun exposure.

Usage : Aroma lamp, massage oil, inhalation, spritzers.

Aroma : Pleasant, fresh-flora, sweet odour, reminiscent of Orange flowers with a slightly woody-herbaceous undertone, very faint but sweet-floral dryout notes and *bitter* topnotes.

Mixes Well With : All Citrus, Angelica, Jatamansi, Rosewood, Dhavana and Champa.

PINE

Pine oil is obtained from various species of *Pinus*. This genus is characterized by evergreen leaves, usually in tight clusters or fascicles of two to five, rarely single. There are about 80 known species distributed throughout the Northern Hemisphere, of them 5 are met in India. One of the most therapeutic is *Swiss Pine*, the harvest of which is strictly controlled by the Swiss government, with only dead and dying trees allowed to be harvested. The most common Pine in India is *Pinus roxburghii* (*P. longifolia*), which is met in the Himalayas from Kashmir to Sikkim and in the Shiwalik hills between 450-2400 m. Sometimes, it is raised in gardens as an ornamental plant.

Pine oil is the world's largest production of anyone essential oil, which is generally used in paint thinners, paints, varnishes, etc. Medically, this oil mixed with mustard oil is rubbed in rheumatic pain. Its vapours relieve the spasm of whooping cough and asthma and internally, it is given in indigestion, loss of appetite and intestinal worms.

It is known to be a stimulant, helping people to be comfortable with any situation. Men like its smell because it reminds them of the outdoors. It helps you feel open and aware, and is good for circulation.

Common Name	Pine
Family Name	Pinaceae (Coniferae)
Botanical Names	*Pinus alba, P. roxburghii* and other Pine species
Other Name	Chir
Dosha Effect	K V-, P+
Taste	Bitter and pungent.
PD Taste	Pungent.
Energy	Healing and drying.
Actions	Expectorant, diaphoretic and antiseptic.
Tissues	Skin, blood, plasma and respiratory.
Indications	Colds, bronchitis, lung problems, sinus, hair loss and depression.
Warning	It can be a skin irritant.
Usage	Aftershave, massage oil, lotion, aroma lamp, bath and spray.
Aroma	Sweet pine wood, somewhat balsamic-anisic odour, increasingly sweet on dry out, with a

resinous bitter undertone.

Mixes Well With : Birch, Eucalyptus, Myrtle, Sandalwood, Juniper, Citrus, Jatamansi, Vetiver, Lavender, Cedarwood, Citronella, Rosewood and Oakmoss.

R

ROSE

Rose has been highly regarded for thousands of years. It is one of the most difficult essential oils to distill, and takes the most raw material, hand picked at great expense, to produce a small amount of oil. Often available in absolute form, aromatherapists prefer steamed distilled. Its Moroccan variety is slightly different, having a warmer smell and a yellow colour in its absolute form. Bulgarian is regarded as the best of those which are steamed distilled, and seems to have a very wide bouquet. Turkish is somewhat flatter but still acceptable and the Indian first and second distillation comparable, if not sometimes superior to, the Bulgarian.

Being one of the most expensive essential oils, rose is often adulterated for profit. Reputable suppliers test to guarantee the purity of their product; until you develop your nose, knowing who you buy your oil from is your best hope of a pure product. First distillation yields some of the highest, most volatile components that are so light they are easily lost. It is customary to redistill the spent roses a second time; this is usually combined with the first distillation to ground it and prevent it from evaporating, then sold as *first*. The third distillation of the same material produces a somewhat less grand product, and *fourth* distillation is best for blends.

Rose gives a sense of security and spiritual attunement. It keeps your heart open and connected to all things. It reduces anger and strengthens liver function. It is a special gift to women and is important in menopause formulas. In skin care it is important because of its astringent and antiseptic nature, and can be especially beneficial for *Pitta* type inflammation and skin allergies.

Common Name : Rose

Family Name : Rosaceae

Botanical Names : *Rosa damascena*, *R. centifolia* and other species

Dosha Effect : VPK=

Taste : Bitter, pungent, astringent and sweet.

PD Taste : Sweet.

Energy : Cooling and moisturizing.

Actions : Alterative, emmenagogue, refrigerant, nervine, carminative, laxative, astririgent, cell regenerator, aphrodisiac, stimulant and antidepressant.

Tissues : Plasma, blood, marrow, nerve, reproductive, skin, liver and GI.

Indications : Amenorrhoea, dysmenorrhoea, uterine haemorrhage, inflamed eyes, dizziness, mental illness, depression, headache, sore throat, enlarged tonsils, impotence, nervousness, grief, aged skin and acne.

Warning : Restrain use, if high *Kapha* condition is present.

Aroma : Perfumes, lotion, compress, bath, inhalations, massage, diffusers and all uses.

Aroma : *Rosa damascena:* warm, deep-floral, slightly spicy and immensely rich, truly reminiscent of red roses, with nuances in spicy and honey-like notes. *Rosa centifolia:* deep-sweet, rich and tenacious floral rose-odour.

Mixes Well With : Sandalwood, Jasmine, Neroli, Lavender, Bergamot, Clary sage, Geranium, Patchouli and Rosewood.

Note : Various species of *Rosa* collectively known as *Gulab*, are either cultivated or runs wild throughout the country.

ROSEMARY

Rosemary is an evergreen and perennial plant, which can live as long as 20 years under favourable conditions. It is a native of southern Europe and grows wild on dry rocky hills in the Mediterranean region. It is cultivated across in Yugoslavia, Spain, Portugal and the USA. Much of its oil world production comes from wild plants growing in Mediterranean region.

Although its many varieties exist, *Rosemarinus officinalis* is the only species. Most varieties are suitable for culinary use, although some such as Pine-scented, contain high levels of terpenes and have a turpentine like scent. Other varieties such as Forestii, Collingwood Ingram, and Lockwood de Forest have been developed as ornamentals which have large leaves and showy flowers.

Rosemary oil is the oil that should be in everyone's medicine cabinet. It has almost as many uses as Lavender. Roman students studied with garlands of Rosemary around their heads, then wore the garlands when they took their exams to help them remember. You can do this much more easily with just a drop of Rosemary on your book or on a handkerchief to use when you study and when you are tested. Added to shampoo and cream rinses, it stimulates circulation for the hair and scalp. It can prevent hair loss, reduce oil build-up, and in combination with sage is reported to stop or prevent gray hair from spreading. It is recommended in the treatment of cellulite, along with orange and other oils. It is useful for headaches, tension relief, and clarity. For various types of arthritis, it can be useful in combination with Eucalyptus, Wintergreen, the Melaleuca family and Lavender. Eucalyptus and Rosemary are standard inhalations for respiratory and sinus problems, and could also be used in nose drops, gargles and for liver - gall bladder problems including stones. Use two to four drops diluted, two to four times a day.

Common Name : Rosemary

Family Name : Lamiaceae (Labiatae)

Botanical Name : *Rosemarinus officinalis*

Dosha Effect : K V-, P+

Taste : Pungent and bitter.

PD Taste : Pungent.

Energy : Heating and drying.

Actions : Diaphoretic, carminative, stimulant, emmenagogue, antiseptic, antispasmodic, cholagogue, cardiotonic, nerve tonic and antidepressant.

Tissues : Muscle, blood, plasma, skin, nerve, heart and endocrine.

Indications : Liver ailments, gall bladder inflammation, gallstones, flu, colds, asthma, rheumatism, poor memory, weak ego, blemished skin, dandruff, hair loss, burns and wounds.

Warning : Do not use during pregnancy or with epilepsy and highly stimulating oil.

Usage : Inhalation, compress, massage oil, shampoo, conditioner, cooking, aroma lamp and all uses.

Aroma : Strong, fresh, woody-herbaceous, somewhat minty-forest-like, clean, woody-balsamic bodynote with dry-herbaceous but pleasant tenacious bitter sweet note.

Mixes Well With : Lavender, Citronella, Oreganum, Thyme, Pine, Cedarwood, Petitgrain, Musk, Eucalyptus, Frankincense and Cinnamon.

ROSEWOOD

Rosewood is found in south America and its oil is grounding and connecting. When used externally in a skin lotion or oil, it can help to protect from other energy, and maintain a clean and enclosed *aura*. It is probably one of the best oils for dry skin and hair. It removes anxiety and fear and is excellent for *Vata* conditions. It also helps people to come back in the body. Its warm woody fragrance is an excellent middle note or blend enhancer and can give body to a blend which has too much high or low note.

Common Name	:	Rosewood
Family Name	:	Lauraceae
Botanical Name	:	*Aniba rosaedora*
Dosha Effect	:	VK-, P+
Taste	:	Sweet and pungent.
PD Taste	:	Sweet.
Energy	:	Warming and moisturizing.
Actions	:	Antiseptic, cell regenerative, tonic, alterative, relaxant and euphoric.
Tissues	:	Skin, nerve, circulation and blood.
Indications	:	Tiredness, nervousness, stress, dry skin, acne, aged skin, headache, nausea, anxiety, sadness and infections.
Warning	:	None.
Usage	:	Perfumes, massage oils, lotion, bath, shampoo and diffuser.
Aroma	:	Refreshing, sweet-woody, somewhat floral-spicy; topnote is camphoraceous-peppery, reminiscent of cineole and nutmeg.
Mixes Well With	:	Geranium, Jatamansi, Angelica, Sandalwood, Dhavana, Vetiver, Lilac and Neroli.

S

SAFFRON

Saffron is obtained from *Crocus sativus*, which is a native of Greece and Asia Minor. It is now cultivated in various parts of Europe, India, and China. This crocus is the source of a potent yellow dye used for colouring foods and medicine. The dye is extracted from the styles and stigmas of its flowers, which appear in autumn.

Steam-distilled saffron can be one of the most expensive essential oils in the market and is not generally available. Generally available oil is the medicated oil of *Saffron,* having a weaker but pleasant effect. It is similar to Sandalwood in that it has properties to balance the nervous system. It promotes digestion and quietness of the mind. It is a rejuvenator to all the tissues of the body.

Common Name	:	Saffron
Family Name	:	Iridaceae
Botanical Name	:	*Crocus sativus*
Other Names	:	Nagkesar, Nagakeshara
Dosha Effect	:	V P K=

Taste : Pungent, bitter and sweet.
PD Taste : Sweet.
Energy : Cooling and moisturizing.
Actions : Alterative, emmenagogue, aphrodisiac, rejuvenative, stimulant, carminative and antispasmodic.
Tissues : All tissue elements, especially the blood.
Indications : Menstrual pain and irregularity, menopause, impotence, infertility, anaemia, enlarged liver, hysteria, depression, neuralgia, lumbago, rheumatism, cough, asthma and chronic diarrhoea.
Warning : Do not use during pregnancy as it can cause miscarriage. Can also be narcotic in large doses. Do not use more than three drops per day internally.
Usage : Food, massage oil, perfume and bath.
Aroma : Most peculiar, intensely sweet, spicy, floral-aldehydic odour with a slightly fatty-herbaceous undertone.
Mixes Well With : Sandalwood, Champa, Himalayan Cedarwood, Lavender, Rose, Rosewood, Violet and Neroli.

Note: Saffron is widely cultivated in Jammu & Kashmir region of India. Commercial saffron consists of a small portion of the style and three long tubular stigmas, of rich orange colour. Persian saffron is pressed together to form a thin, round and flat cake, known as *Kesar – ki – roti*, which is widely marketed in India. Kumkumadi – ghrita and Kumkumadyay taila are prepared in ayurveda from Saffron.

SAGE

Sage is a shrubby perennial plant, which have several species, including garden, or true sage i.e., *Salvia officinalis*. This is the sage most commonly used in foods. Many varieties of garden sage are known, but the Dalmatian type possesses finest aroma. Mediterranean, or Greek, sage (*S. fructicosa*) is also used in foods, but is of inferior quality. Clary sage (*S. sclarea*) and Spanish sage (*S. lavandulifolia*) are used in perfumes and cosmetics.

Garden sage from which Sage oil is obtaind, is a native of southern and eastern Europe, and is still cultivated extensively there and in the United States and the Russia.

Sage oil contains up to 50 percent ketone and so generally is not recommended for internal use. It is instead recommended to use Clary sage internally because it has many of the same properties without the toxicity. Used externally, sage has very strong estrogenic properties and can be helpful with hot flashes, water retention, gum infections, and the prevention of wrinkles. It is used to stop the progression of gray hair. It can cause vertigo if it is inhaled in excess.

Common Name : Sage

Family Name : Lamiaceae (Labiatae)

Botanical Name : *Salvia officinalis*

Dosha Effect : KV-, P+

Taste : Pungent, bitter and astringent.

PD Taste : Pungent.

Energy : Heating and drying.

Actions : Diaphoretic, expectorant, nervine, astringent, alterative, diuretic, disinfectant, carminative, antispasmodic, stimulant, hypertensor, emmenagogue and antidepressant.

Tissues : Plasma, blood, nerve, skin, kidneys, heart, immune, endocrine and gums.

Indications : Colds, flus, sore throat, laryngitis, swollen lymph glands, night sweats, hair loss, nervous dysfunction, dermatitis, dandruff, metabolism, disfunction of adrenocortical glands, anaemia, jaundice, hypotension, infertility and gum infections.

Warning : Abortive and toxic in high doses, high *Vata*, or in nursing mother; not for internal use.

Usage : Lotion, aroma lamp, massage oil, room deodourant, shampoo and conditioner.

Aroma : Fresh, herbaceous, eucalyptol-camphor like odour, sharp pine-like topnote and little or no sweetness on dry out.

Mixes Well With : Lavender, Rosemary, Citrus, Rosewood, Citronella and Pine.

SANDALWOOD

Sandalwood is the hard, close-grained aromatic heartwood of a parasitic tree, *Santalum album*, of the Indo-Malayan region. This fragrant wood is used in ornamental carving, cabinet work, and as a source of certain perfumes. Sandalwood along with Rosewood, Heena, Amber and Myrrh, is one of the five essential oils to put into your metaphysical first aid kit. Sandalwood helps to keep you grounded, close to your divine essence, helps through periods of fear, and allows you to surrender to divine will. Sandalwood is one the strongest-smelling plants in the world.

Sandalwood has important antibacterial properties and is useful as a gargle by adding one drop Sandalwood, one drop Cajeput in four ounces water. Sandalwood stimulates the pituitary and pineal glands and is a builder of the entire endocrine system. Very high in substances that are similar to male hormone, androgen. It is the regulator of the uterus, and has a history of use with venereal disease.

Common Name : Sandalwood
Family Name : Santalaceae
Botanical Name : *Santalum album*
Other Name : Chandan
Dosha Effect : P V-, Ko
Taste : Bitter, sweet and astringent.
PD Taste : Sweet.

Energy : Cooling and moisturizing.

Actions : Alterative, haemostatic, antipyretic, nervine, antiseptic, antibacterial, carminative, sedative, refrigerant, expectorant, elevating, moisturizer, antispasmodic, diuretic, tissue regenerative and aphrodisiac.

Tissues : Plasma, blood, muscle, marrow and nerve and reproductive.

Indications : Cystitis, urethritis, vaginitis, acute dermatitis, herpes zoster, bronchitis, palpitations, gonorrhoea, sunstroke, dry skin, acne, laryngitis, nausea, tuberculosis, depression, insomnia, prostatis, nervousness, anxiety, impotence and egocentricity.

Warning : Do not use, if high *Kapha* or severe lung congestion is present.

Usage : Perfumes, massage oils, gargle, lotion, bath, inhalations, compresses, douches and diffusers.

Aroma : Extremely soft, sweet-woody, almost animal-balsamic odour, little or no topnote, uniform and outstanding tenacity.

Mixes Well With : Rose, Ylang ylang, Rosewood, Geranium, Jatamansi, Vetiver, Frankincense, Myrrh, Tuberose, Opoponox, Oakmoss, Labdanum, Patchouli, Musk and Clove.

Note : In India, Sandalwood occurs from Vindhya mountains southward, particularly in Karnataka and Tamil Nadu; ascending upto 1200 m. Also introduced in some states, where it got naturalized.

Hindus consider this plant sacred since the ancient times. A paste obtaining by rubbing its wood on a stone with little water is used for painting the body after bathing and is applied for making the *Shardana* or caste-marks of the natives. An emulsion of its wood is given as an offering to the Gods and incense made of the wood is burnt before them by the Hindus. The Parsis in their fire temples use large quantities of its wood. Rich people sometimes employ Sandalwood for cremating their dead relatives, and all both rich and poor, add at least one piece of the wood to the funeral pile.

SAVORY

Savory oil is obtained from *Satureja hortensis* plant, which is a native of Europe and widely cultivated there. Its other species are indigenous to areas surrounding the Mediterranean Sea. *S.montana* occurs wild from North Africa to as far north as the Russia but is little cultivated.

Savory is not commonly used in aromatherapy, but it is used extensively by the food industry. It is very good for obstructed *Vata*, strengthens the nervous system, relieves flatulence and abdominal pain. It helps the blood tissues hold onto minerals. Because it is so energizing, it is recommended to use for hearing loss. For this, 2 drops Savory, 1 teaspoon St. Johns Wort medicated oil, are applied to a cotton ball and inserted into the outer ear overnight. It is similar to Thyme in intensity.

Common Name :	Savory
Family Name :	Lamiaceae (Labiatae)
Botanical Name :	*Satureja hortensis*
Dosha Effect :	KV-, P+
Taste :	Pungent.
PD Taste :	Pungent.
Energy :	Warming and drying.
Actions :	Stimulant, carminative, astringent and antiseptic.
Tissues :	Digestive and nerve.
Indications :	Abdominal pain, flatulence, diarrhoea, insect bites and hearing loss.
Warning :	Always dilute well; otherwise may cause irritation; no more than three drops per day.
Usage :	Cooking and perfumes.
Aroma :	Fresh medicinal spicy, reminiscent of Sage or Thyme, but with a sharpness recalling Cumin; dryout is phenolic-harsh.
Mixes Well With :	Thyme, Oregano, St. Johns Wort, Sage, Pine, Lavender and Rosemary.

ST. JOHNS WORT

St. Johns Wort is a native to Britain and Europe, now grows wild throughout much of the world. In India, it is found wild in the Himalayas.

Its oil has been a medicated oil, made by gathering the yellow flowers of the plant and soaking them in Olive oil for a month, straining and repeating until the Olive oil becomes a deep red coloured. With recent demand, an essential oil has been produced, which is one of the more expensive oils. It is known to be anti-inflammatory, cooling and calming to the skin, and revitalizing to the entire body. Somewhat similar to Arnica, it can be used in cases of trauma and shock. The medicated oil was traditionally used for dry skin, cracking, irritation, and joint problems.

Common Name :	St. Johns Wort
Family Name :	Hypericaceae
Botanical Name :	*Hypericum perforatum*
Other Name :	Basant
Dosha Effect :	P K-, V +
Taste :	Bitter and astringent sweet.
PD Taste :	Sweet.
Energy :	Cooling and moisturizing.
Actions :	Antispasmodic, expectorant, astringent, nutritive tonic and anti-inflammatory.
Tissues :	Skin, nerve, immune and endocrine.
Indications :	Spinal problems, skin problems, joint pain, ageing, trauma and eczema.
Warning :	None.
Usage :	Massage lotion, salve and compress.
Aroma :	Warm pleasant and relaxed feeling, travelling from the nose to the brain.
Mixes Well With :	Chamomiles, Angelica, Yarrow and Rosewood.

STYRAX

Styrax is made from the sap-resin, collected and distilled in Asia Minor and nearby islands. It is reported to have similar uses to Benzoin. It is used in making Amber and Shamama blends. It can also be helpful in improving memory.

Common Name : Styrax

Family Name : Hamamelidaceae

Botanical Name : *Liquidamber orientalis*

Other Names : Asian Styrax, Sihlakah, Silaras, Turuskah

Dosha Effect : P K-, V +

Taste : Astringent and sweet.

PD Taste : Sweet.

Energy : Cooling and drying.

Actions : Expectorant, carminative, brain stimulant, tonic and alterative.

Tissues : Lung, cerebral cortex and olfactory nerve.

Indications : Sore throat and mental clarity.

Warning : Do not use too much as it could be overpowering; it is often found in absolute form, so do not take internally unless you are sure it is steam distilled.

Aroma : Rich, balsamic, sweet, floral, somewhat spicy, reminiscent of Lilac, often contains a very strong top note of a hydrocarbon nature, gasoline-like due to the styrene content.

Mixes Well With : Violet, Lavender, Rose and Champa, Ylang ylang and Jasmine.

T

TAGETES

Tagetes oil is extracted from various species of *Tagetes*. Of them *T. erecta*, now got naturalized in India and is grown in gardens througout the country. It is also cultivated to obtain the oil at commercial level. The flowers of this plant are strung into garlands and hang round idols, or in front of the temples. Its flowers are also offered to gods at shrines.

Tagetes flowers are stearn-distilled to produce a thick, dark, strong-smelling oil which is softening to any hardened tissue such as scars, rough skin, etc. It is reported to help the body to absorb bunion formation when applied twice daily for one year with concurrent use of a *toe wedge* to help straighten the big toe involved. It is an important ingredient in skin care for dry, scaly, chapped, cut, scraped or healing skin.

Common Name : Tagetes
Family Name : Asteraceae (Compositae)
Botanical Names : *Tagetes erecta*, *T. patula* or *T. glandulifera* etc.
Other Names : Genda, Indian-Marigold
Dosha Effect : V K-, P+ (in excess)

Taste	: Bitter and pungent.
PD Taste	: Pungent.
Energy	: Heating and moisturizing.
Actions	: Vulnerating, antispasmodic and alterative.
Tissues	: Skin and joints.
Indications	: Skin problems, hard tissue, bunions, cuts, scratches.
Warning	: Sometimes in absolute form.
Usage	: Salve, massage oil, skin creams and perfume oil.
Aroma	: Strongly herbaceous, somewhat sharp with a fruity top note in fresh oil, replaced by a somewhat strange smell; pleasant to some, disagreeable to others.
Mixes Well With	: Lavender, Jasmine, Gardenia, Violet and Sandalwood.

TANGERINE

Tangerine is the name applied to certain varieties of a variable group of loose-skinned citrus fruits belonging to *Citruses*. Although Mandarin and Tangerine are often used interchangeably to designate the whole group, Tangerine is applied more strictly to those varieties having deep-orange or scarlet rinds, whereas the term Mandarin is more properly used to include all members of this quite variable group of citrus fruits. The two principal Tangerine varieties are the Dancy, grown mainly in the United States, and the Algerian (Clementine), grown extensively in the Mediterranean countries but also in California, Arizona, and Texas.

Tangerine is an American hybrid of Mandarin which is larger and has a milder smell. It is a favourite with children and pregnant women because of its soothing and uplifting qualities. It helps to sluggish digestion and relaxes muscle spasm.

Common Name : Tangerine

Family Name : Rutaceae

Botanical Name : *Citrus mandurensis*

Dosha Effect : V P-, K o

Taste : Bitter and pungent.

PD Taste : Pungent.

Energy : Cooling and drying.

Actions : Refrigerant, carminative, expectorant, diuretic and nervine.

Tissues : Muscles, GI, nerve and endocrine.

Indications : Insomnia, rheumatism, PMS, stomach, liver, gall bladder problems, tension, fear, sadness and irritability.

Warning : Possibly photo toxic with exposure to sun.

Usage : Aroma lamp, diffuser, pillow, massage oil, perfume oil, food and drink.

Aroma : Fresh, sweet odour, reminiscent of bitter Orange; lacking dryness, perfumery notes and amine *fishy* note characteristic of Mandarin.

Mixes Well With : Sandalwood, Citrus oils, Rose wood, Cardamon and Coriander.

TEA TREE

Tea tree is a native plant of Australia, flourishing in moist soils in northern South Wales and Queensland. It is now cultivated extensively, especically in New South Wales. Its oil is an excellent oil for skin conditions including insect bite and eczema; in addition it has strong anti-viral properties useful for colds and sore throats, as inhalations and gargles. Tea tree has been studied in both Europe and the United States as a douching treatment for *Candida albicans*. It is recommended to have 5 drops in one half pint water as a douche, or as a five percent Tea tree salve to be applied to a tampon. The studies have shown its effectiveness in this way with *trichomoniasis*.

Common Name : Tea Tree

Family Name : Myrtaceae
Botanical Name : *Melaleuca alternifolia*
Dosha Effect : VPK=
Taste : Bitter, pungent and sweet.
PD Taste : Sweet.
Energy : Cooling and moisturizing.
Actions : Fungicidal, vulnerary, antiseptic, anti-infection, expectorant, stimulant, antiviral, antibacterial and antipyretic.
Tissues : Skin, nerves and respiratory.
Indications : Abscess, acne, herpes, pruritus, dermatitis, dandruff, infectious diseases, urinary infections, asthma, bronchitis, tuberculosis, athlete's foot, candida, fungal infections, ringworm, wounds and insect/spider/scorpion bites.
Warning : None.
Usage : Salve, vaginal douche, inhalations, food and drink, diffusers and bath.
Aroma : Warm-spicy, aromatic-terpenic odour, reminiscent of Nutmeg, Cardamon, and sweet Marjoram, strong emphasis on the terpinene and terpineol notes.
Mixes Well With : Lavender, Clove, Rosemary, Geranium, Neroli, Trifolia, Chamomiles, Eucalyptus and Niaouli.

Note : Its oil is extracted from leaves and branch-tips by steam distillation. The essential oil has antimicrobial properties. The oil is used for conditions of respiratory tract and for skin ailments. Recently, this oil has shown inhibitory activity against *Staphylococcus aureus* and antioxidant activities.

THYME

This is any of a large and diverse group of plants in the genus *Thymus* utilized for their essential oil and leaves in both cooking and medicine.

Hundreds of different forms, or ecotypes, of Thymes are found in the Mediterranean area, where this occurs as a wild plant. *Thymus vulgaris*, generally considered to be the true thyme, is the most widely used and cultivated species. *French* and *German* thymes both are the varieties of this species. Other species, such as *T. serpyllum* and *T. herba-barona* are grown or used in much the same way as *T. vulgaris*, but they do not have the same flavour or scent characteristics.

Common Name : Thyme

Family Name : Lamiaceae (Labiatae)

Botanical name : *Thymus vulgaris*

Dosha Effect : V K-, P+

Taste : Pungent.

PD Taste : Pungent.

Energy : Heating and moisturizing.

Actions : Antispasmodic, carminative, antibiotic, antiseptic, stimulant, tonic, antidepressant, analgesic, rubefacient, disinfectant and antiviral.

Tissues : Respiratory, immune, digestive and nerve.

Indications : Physical or psychological weakness, neurasthenia, staphylococcus, colds, bronchitis, flu, whooping cough, sinusitis, missing periods, athlete's foot, metabolism, burns, wounds, anaemia, debility, acne, dermatitis, insomnia, cystitis, cellulitis and rheumatism.

Warning : Skin irritant in high concentration; do not use with epileptic conditions, hyperthyroidism, high blood pressure, or during pregnancy.

Usage : Compress, massage oil, inhalation, food, diffuser and salve.

Aroma : Rich, powerful, sweet, warm-herbaceous, somewhat spicy and distinctly aromatic.

Mixes Well With : Rosemary, Oregano, Lemon, Orange, Bergamot and Melissa.

TRIFOLIA

This oil is produced from the fruits of a Himalayan variety of prickly ash. Trifolia plants are found in hot valleys of the subtropical Himalayas, Punjab along the foothills of the Himalayas from the Indus eastwards upto 1250 m, Kumaon between 1250-2500 m and eastwards to Khasia hills between 1200-1800 m.

Trifolia oil is also known as *Wartara oil*, and it is used in ayurvedic medicine as antiseptic and for constipation. It is very effective when applied externally to the abdomen. It is also useful for yeast problems in the GI tract when taken internally, and for skin infection, externally. When using this in a blend, begin with a small amount, because it can be very overpowering. It is grounding, warming, mind-clearing and centering. It brings a fresh, clean note to blends.

Common Name	:	Trifolia
Family Name	:	Rutaceae
Botanical Names	:	*Zanthozylum armatum* (*Z. alatum*)
Other Names	:	Chinese Wild Pepper, Dhiva, Tumru
Dosha Effect	:	VK-, P+
Taste	:	Pungent and sweet.
PD Taste	:	Sweet.
Energy	:	Warming and moisturizing.
Actions	:	Antiseptic, antifungal and analgesic.
Tissues	:	Plasma, digestive and nerve.
Indications	:	Constipation, yeast infection and parasites.
Warning	:	Do not use when there is inflammation, swelling or diarrhoea.
Usage	:	Compress, massage, oil, aroma lamp and lotion.
Aroma	:	Warm-woody, green-peppery, spicy odour, reminiscent of cubeb, guaiacwood, faint resemblance to wild roses; deep-floral dryout.
Mixes Well With	:	Lavender, Geranium, Cinnamon, Clove bud,

Rosewood, Bergamot and Sandalwood.

Tuberose

Tuberose is a native of Mexico or the Andes of south America. It is also cultivated more or less throughout India. Its oil is another very expensive and often adulterated essential oil, which takes about 3,600 pounds of flowers to make one pound of absolute oil. It can be appreciated only in dilution. Being an absolute, its therapeutic applications are limited to external use.

Common Name : Tuberose
Family Name : Amaryllidaceae
Botanical Name : *Polianthes tuberosa*
Other Names : Guleheri, Rajnigandha
Dosha Effect : V K-, P+
Taste : Sweet and pungent.
PD Taste : Sweet.
Energy : Cooling and moisturizing.
Actions : Antidepressant and mood elevator.
Tissues : Muscle, skin and nerve.
Indications : Stressful situations when you must pay close attention to another's needs.
Warning : Do not take internally.
Usage : Fine perfumes, bath, massage oils and aroma lamp.
Aroma : A heavy floral, almost nauseatingly sweet, heavy and somewhat spicy odour, reminiscent of honeysuckle, Peru balsam, Orange flower absolute, Ylang ylang residue fractions and Stephanotis flowers.
Mixes Well With : Opoponox, Rosewood, Citruses, Sandalwood and Patchouli.

TURMERIC

Turmeric oil is obtained from a stout perennial plant with short stem, tufted leaves, and short, thick rhizomes, known as *Curcuma domestica*. It is extensively cultivated as spice plant and for medicinal purposes. As a natural dye, turmeric is orange-red or reddish brown, but it changes colour in the presence of acids or bases. As a spice, turmeric has a decidedly musky odour and a pungent, bitter taste. It is an important item in curry and is used to flavour and colour butter, cheese, pickles, and other food. This is also used in various ceremonies including its rubbing with oil at the time of marriage in the Hindus. The entire or the corners of every new article of dress, whether of man or woman, are stained before wearing it with a paste of made of its roots and water.

It has received recent attention in aromatherapy because of its energizing effect on the immune system, and is being used in some treatment of AIDS. Turmeric is used in cosmetics for oily skin and to cleanse and detoxify the skin. It has grounding properties, helping you to feel pleasent and in charge. It is excellent for confusion and anxiety. There is some indication that use of turmeric helps to stabilize blood sugar.

Common Name : Turmeric
Family Name : Zingiberaceae
Botanical Names : *Curcuma doemstica* (*C. longa*)
Other Names : Haldi, Haridra
Dosha Effect : V K-, P+, (V + in excess)
Taste : Pungent, bitter and astringent.
PD Taste : Pungent.
Energy : Heating and moisturizing.
Actions : Stimulant, alterative, antibacterial, vulnerary and carminative.
Tissues : All tissue-elements.
Indications : Indigestion, poor circulation, cough amenorrhoea, pharyngitis, skin disorders,

diabetes, arthritis, anaemia, wounds and bruises.

Warning : Do not use in cases of acute jaundice, hepatitis and high *Pitta* or pregnancy.

Usage : Massage oil, facial creams, lotions, compresses and food.

Aroma : Spicy and fresh, reminiscent of sweet orange, Ginger, and Galanga; Japanese: warm, dry-woody, powdery, camphoraceous, slightly peppery-spicy with peculiar undertone reminiscent of Atlas cedarwood oil.

Mixes Well With : In perfumery it has been known to blend with Cystus, Elecampane, Ginger, Labdanum and Musk.

V

VALERIAN

Valerian oil is obtained from various species of *Valeriana*. Of them, *V. jatamansii* is found distributed in temperate Himalayas, from Kashmir to Sikkim upto 3048 m and in Khasia hills between 1219 - 1828 m. Valerian has been a very old drug of ayurveda, which is used for head problems, eye diseases, blood diseases and also in suppression of urine. This drug is much used in making perfumed powder and cardiac preparations.

Valerian oil is an ally in times of pain. Its pungent, strong, animal-like smell can be very helpful for sleepless nights, or to ease aches and pains. When mixed with pleasant-smelling oils that have similar properties, its strong smell is countered and covered. Because of its strength, it is recommended to use small amounts but too much can dull the thought processes. Be cautious, if pain persists, consult a physician.

Common Name : Valerian
Family Name : Valerianaceae
Botanical Names : *Valeriana jatamansii, V. officinalis*

Other Names : Muskbala, Tagara

Dosha Effect : V K-, P+

Taste : Bitter, pungent, sweet and astringent.

PD Taste : Pungent.

Energy : Heating.

Actions : Nervine, antispasmodic, sedative and carminative.

Tissues : Plasma, muscle, marrow and nerve.

Indications : Insomnia, hysteria, delirium, neuralgia, convulsions, epilepsy, vertigo, nervous cough, dysmenorrhoea, palpitations, migraine, chronic skin diseases, flatulence, colic, stress, diabetes and stomach problems.

Warning : Large doses produce paralysis as overly constricts *Vata*; use in small amounts and avoid absolute form when possible.

Usage : Massage oil, salve, aroma lamp, tea, drinks and food.

Aroma : Warm-woody, balsamic-rootlike odour with a distinct animal undertone of musk-like character and great tenacity; topnote: freshgreen and slightly camphoraceous.

Mixes Well With : Eucalyptus, Rosemary, Lavender, Wintergreen, Juniper, Tea tree, Pine, Patchouli, Petitgrain, Cedarwood and Oakmoss.

VANILLA

Vanilla is obtained from orchid plants, and commonly available as an oleoresin and occasionally as an essential oil or absolute. It is a native of Mexico and now is cultivated throughout the tropics. In India, it is cultivated in Kerala, Tamil Nadu and Karnataka. If it is to be used internally, its extraction by ethyl alcohol is necessary. Vanilla is mixable in essential oils for blending purposes. Its odour is a relaxant for stress, anger, and tension, and it can be added to a blend for aphrodisiac effect for tense lovers.

Common Name	:	Vanilla
Family Name	:	Orchidaceae
Botanical Names	:	*Vanilla planifolia* (*V. fragrans*)
Dosha Effect	:	VP–, K +
Taste	:	Bitter and sweet.
PD Taste	:	Sweet.
Energy	:	Warm and moisturizing.
Actions	:	Tonic, calms, relaxes and softens anger, frustration, irritability; mild stimulant for menstruation.
Tissues	:	Nerve.
Indications	:	Anger, frustration, irritability, late periods, supports happiness and joy and as a tonic - stimulant.
Warning	:	None.
Usage	:	Cooking, perfume, massage oil, creams, lotions and aroma lamp.
Aroma	:	Extremely rich, sweet, somewhat woody and animal-like, tobacco-like and very deep in its balsamic, sweet-spicy bodynote.
Mixes Well With	:	Sandalwood, Vetiver, Opoponox, Spice oils, Bergamot and Rose.

VETIVER

Vetiver oil is extracted from the roots of Vetiver plant, which is found in moist and shaded places and along the ravines throughout the warmer parts in India.

Vetiver oil is very strong to bring you back in center. When you feel scattered, the use of vetiver in a blend can end the confusion-your choices suddenly become clear. It is useful for aging or irritated skin. It is reputed to have an aphrodisiac effect and be a female tonic. It helps to connect you to the earth and feel your purpose. It is reported to be useful in post-partum depression.

Common Name : Vetiver

Family Name : Poaceae (Gramineae)

Botanical Name : *Vetiveria zizanoides*

Other Name : Sugandhimaula

Dosha Effect : V-, KP+

Taste : Sweet and bitter.

PD Taste : Sweet.

Energy : Warm and grounding.

Actions : Antiseptic, tonic, relaxant, woman's hormone balancer, grounding, regenerating, strengthening, aphrodisiac, rubefacient and moth repellent.

Tissues : Skin, nerve, reproductive and joints.

Indications : Arthritis, root *chakra* blockage, nervousness, insonmia, rheumatism, stress, disconnectedness, anorexia, postpartum depression, aging skin, tired skin, irritated menopause and loss of appetite.

Warning : In creating a lotion or perfume, it can take over the smell.

Usage : Use in small amonts in lotion, bath, massage oil, patches, perfumes. This is one of the strongest base notes and should never be more than 5 percent of a blend.

Aroma : Sweet and very heavy woody-earth, reminiscent of roots and wet soil, rich undertone of *precious wood* notes.

Mixes Well With : Rosewood, Jatamansi, all Citrus, Sandalwood, Dhavana, Angelica, Geranium, Ylang ylang, Rose, Lavender, Cinnamon, Patchouli, Oakmoss and Clary sage.

VIOLET LEAF

Violet leaf oil is obtained from *Viola odorata*, which is found distributed in Kashmir Himalayas between 1524-1828 m. At one time, violet flower absolute was expensive but available; now it is even more expensive, and difficult to find in many parts of the world. Violet leaf absolute is used for troubled skin and reportedly for throat cancer. Used for the throat *chakra*, nervous conditions, extremes of emotion, it is calming and relaxing.

Common Name	:	Violet Leaf
Family Name	:	Violaceae
Botanical Name	:	*Viola odorata*
Other Name	:	Banafsha
Dosha Effect	:	P K-, V +
Taste	:	Bitter, astringent and pungent.
PD Taste	:	Pungent.
Energy	:	Cooling and moisturizing.
Actions	:	Astringent and diaphoretic.
Tissues	:	Skin and nervous system.
Indications	:	Troubled skin, wounds, fine perfume production.
Warning	:	Avoid internal use.
Usage	:	Perfumes.
Aroma	:	Powerful and peculiar green leaf odour with an indisputable delicate floral note, reminiscent of violets in a bouquet.
Mixes Well With	:	Tuberose, Champa, Rose, Clary sage, Tarragon, Cumin and Basil.

Note : Its other species like *Viola biflora* and *V. pilosa* are also met in different parts of the country. These are usd as a substitute of *V. odorata*.

WINTERGREEN

Wintergreen oil smells similar to Birch, and because Birch is so much more available, it has often been sold as Wintergreen oil. It has been used traditionally in liniments and salves for muscle spasm. Wintergreen has stimulant, antiseptic, diuretic, and emmenagogue properties. It may be used for boils, swelling, fluid retention, lymphatic congestion, or in a douche for leucorrhoea. It makes an excellent gargle for a sore throat, and has been used to treat genital infections as douche or sit-bath.

Common Name	:	Wintergreen
Family Name	:	Ericaceae
Botanical Name	:	*Gaultheria procumbens*
Dosha Effect	:	P K-, V o
Taste	:	Pungent.
PD Taste	:	Pungent.
Energy	:	Cooling and moisturizing.
Actions	:	Carminative, astringent, analgesic, antiseptic,

expectorant and diuretic.

Tissues : Muscle, skin and reproductive.

Indications : Muscle pain, rheumatism, sciatica and genital infection.

Warning : When using this oil internally, do not use more than one drop.

Usage : Massage oil, douche, inhalation and aroma lamp.

Aroma : Intensely sweet-aromatic odour, often displaying a peculiar creamy-fruity topnote and sweet-woody dryout.

Mixes Well With : Anise, Calamus, Vanilla, Lavender, Rosemary, Sage, Birch, Fir, Mints, Juniper, Eucalyptus, Ylang-ylang and Tuberose.

Note : In India, Wintergreen oil is obtained from *Gaultheria fragrantissima*, which is found distributed between 1828-2438 m in Assam and Nilgiri hills.

Y

YARROW

Yarrow is regarded as a sacred and important plant by many cultures and is commonly found in temperate and alpine areas of Himalaya like Chamba, Kangra, Mandi, Shimla, Lahul-spiti and Kinnaur between 2000-3800 m.

In herbology, it is one of the oils which is known as *heal-oils*, because of its many properties. This is described as a connector—allowing you to keep your head in the heavens and your feet on the ground. The plant itself stands very tall with a thin stalk, its flowers reaching out into the air element and its roots firmly grounded in the earth. It is very useful during menopause, especially when nothing else seems to work for emotional upsets. It is also excellent for excess bleeding in any circumstance and as diaphoretic, very useful in fevers. It has a bluish-green colour because of its high azulene content.It is known to have anti-phlogistic and anti-inflammatory qualities due to its high sesquiterpene content. Its a good regulator for the Kidneys and the hair. It is one of the immune-building essentials, when you feel sick.

Common Name : Yarrow

Family Name : Asteraceae (Compositae)

Botanical Name : *Archillea millefolium*

Other Name : Gandana

Dosha Effect : P K-, V +

Taste : Bitter, pungent and astringent.

PD Taste : Pungent.

Energy : Cooling and drying.

Actions : Diaphoretic, astringent. alterative, haemostatic, vulnerary, anti-spasmodic, anti-inflammatory, tonic, antiseptic, emmenagogue and carminative.

Tissues : Plasma, blood and muscle.

Indications : Colds, fever, gastritis, enteritis, measles, menorrhagia, nosebleed, stomach ulcers, abscesses, haemoptysis, gall bladder inflammation, pelvic infection, dysmenorrhoea, amenorrhoea, vaginitis, wounds, varicose veins, rheumatism, headache, neuritis, haemorrhoids, gout, ambivalence, menopause, dermatitis, cellulite, acne and sunburn.

Warming : Sensitive skin may be irritated with exposure to sun; high *Vata*.

Usage : Skin patches, lotion, bath, compress and massage oil.

Aroma : Sharp, somewhat camphoraceous odour, drying, out in a sweeter, faint and pleasant note.

Mixes Well With : Lemongrass, Hyssop, Clary sage, Lavender, Myrtle, Cedarwood, Angelica, St. John's Wort, Rosewood and Citrus oils.

YLANG-YLANG

Ylang ylang oil is obtained from a large tree, which is cultivated or naturalized in forests, slopes or gullies from sea-level to mid-montane regions.

Ylang-Ylang is sold in absolute form; as steam-distilled *extra* (best); *third* (for soap); and *complete oil*, a confusing blend of *off* grades and sometimes artificial ingredients, often misrepresented as real. It has an odour that cannot be appreciated except in extreme dilutions. It brings out warmth, self confidence, the feminine side, and sensitivity. A balancer to the female immune system, it reduces tension, cramps, negative emotions, and headaches. It is reported to help with hysteria, high blood pressure, oily skin, aging, and depression.

Common Name : Ylang Ylang

Family Name : Annonaceae

Botanical Name : *Cananga odorata*

Other Name : Kenanaga

Dosha Effect : P V-, K+

Taste : Sweet and bitter.

PD Taste : Sweet.

Energy : Cooling and moisturizing.

Actions : Sedative, general tonic, antiseptic, aphrodisiac and balancing.

Tissues : Skin, nerve and reproductive.

Indications : High blood pressure, tachycardia, nervous headaches, oily skin, combination skin, aging skin, stressed skin, PMS, fear, rage, anger, low self-confidence, frigidity, impotence, nervous depression and inner coldness.

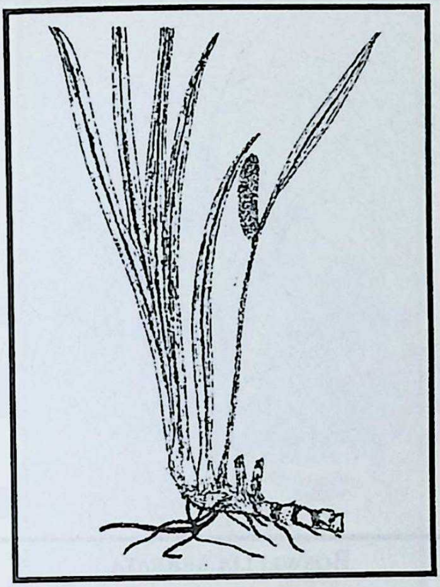
Warning : Too much can cause nausea; beware absolute *complete oil*.

Usage : Perfumes, bath, lotion, massage oil, aroma lamp and diffuser.

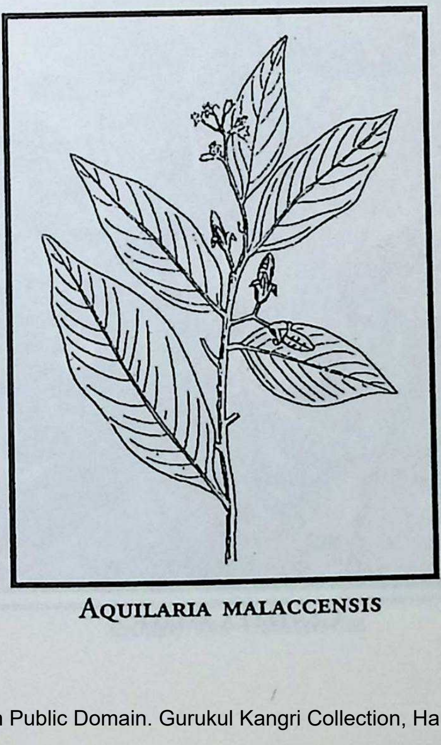
Aroma : A powerful and intensely sweet, but also balsamic floral, odour; an unusual tenacity in its floral-woody undertone.

Mixes Well With : Rosewood, Vetiver, Opoponox, Bergamot, Tuberose and Cedarwood.

ILLUSTRATIONS AND PHOTOGRAPHS



Acorus Calamus



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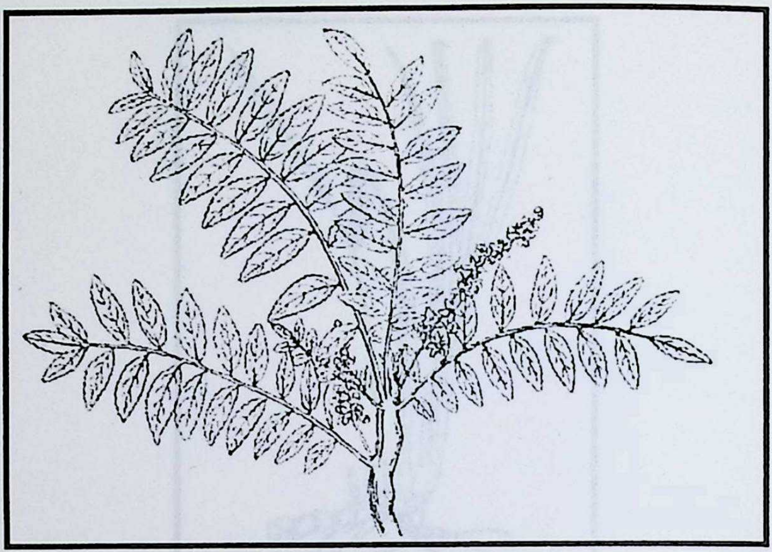

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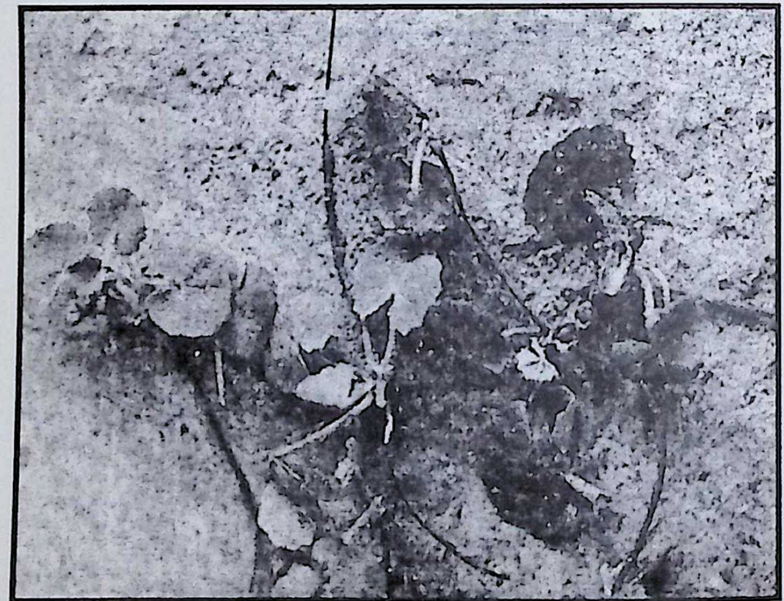

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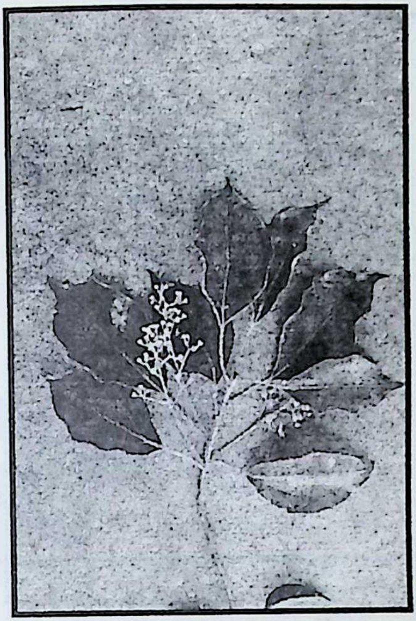
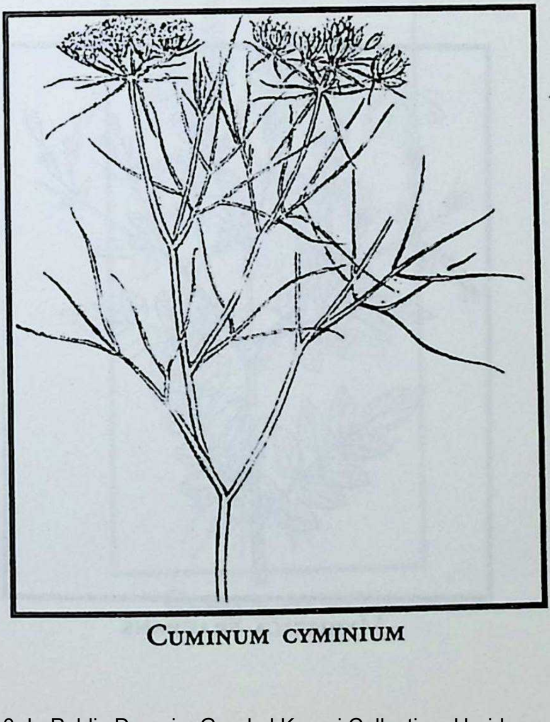


CINNAMOMUM CAMPHORA



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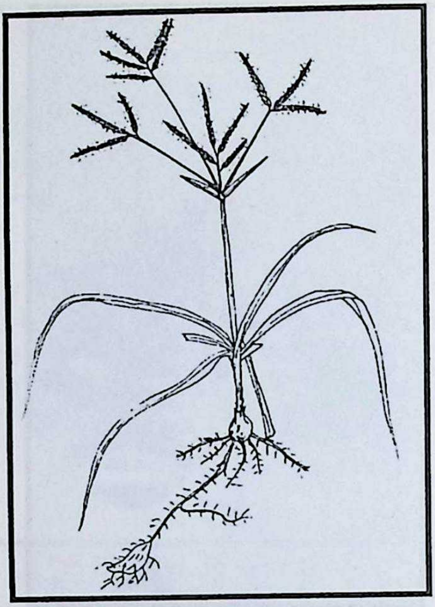
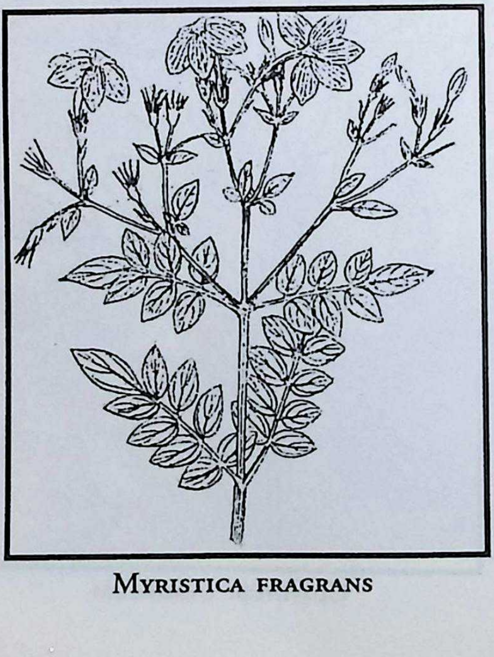


Cyperus rotundus



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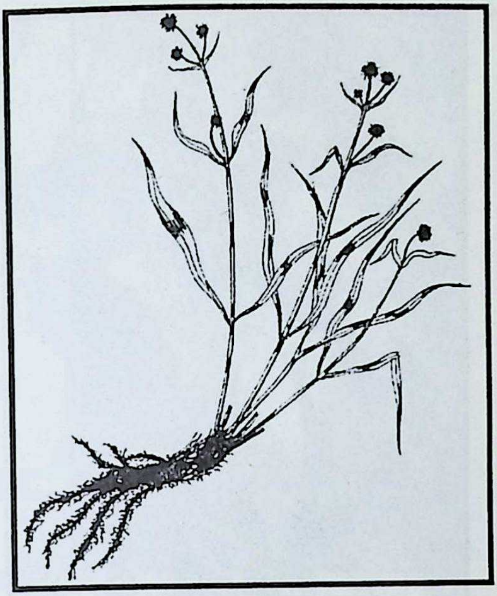

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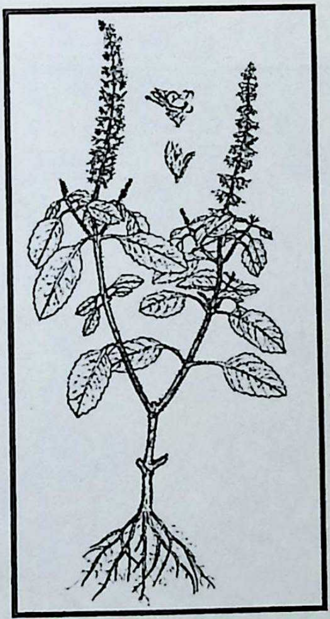
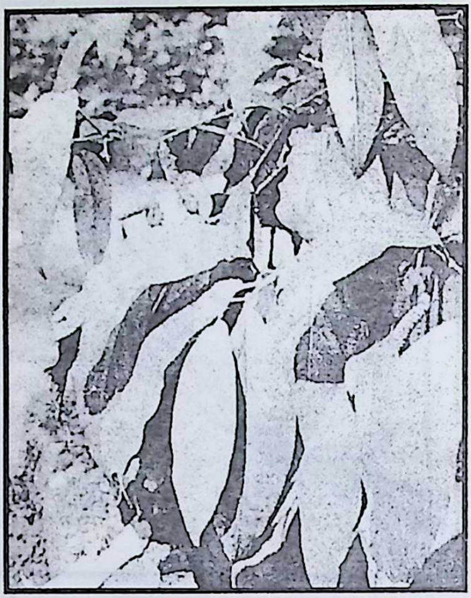
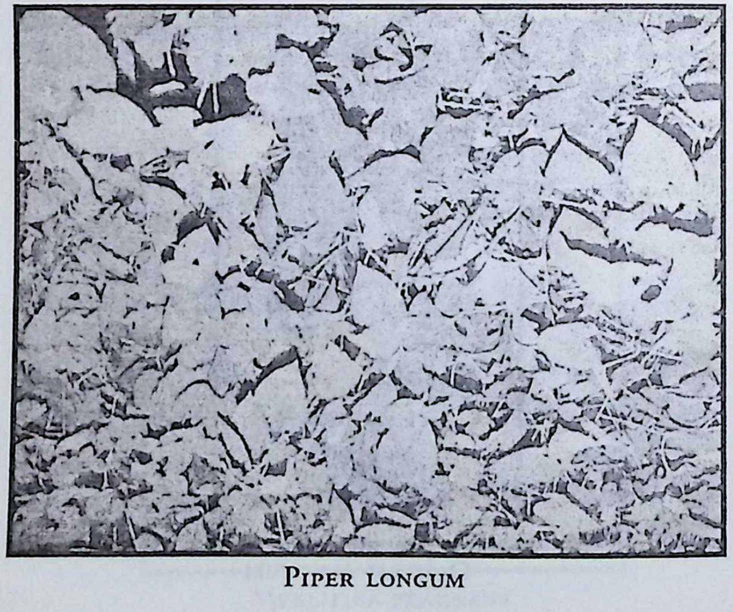


Ocimum sanctum



Piper cubeba



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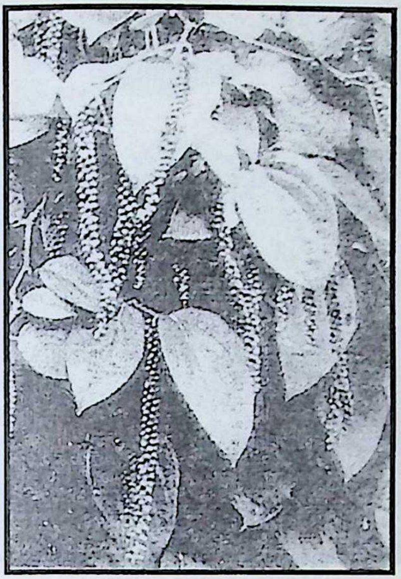
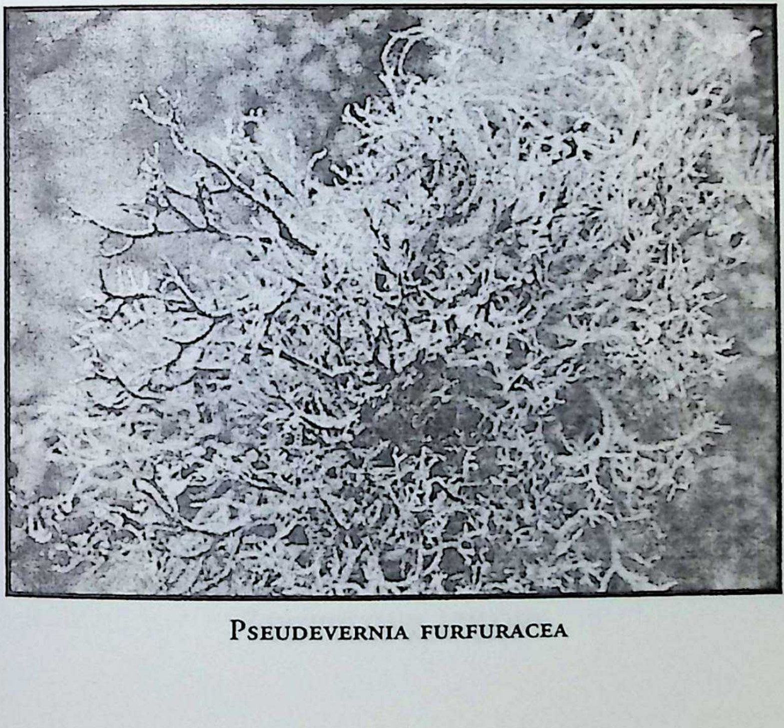
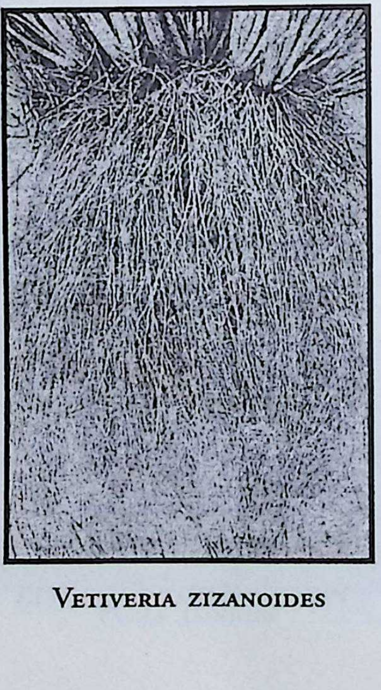


Piper nigrum

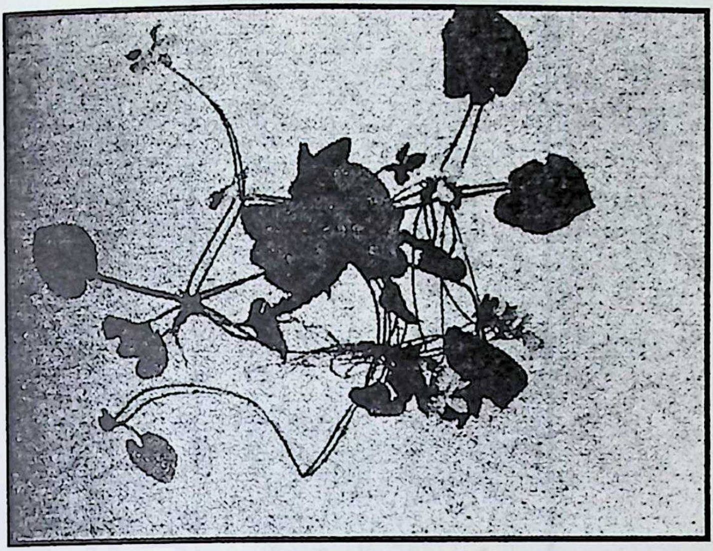


Pseudevernia furfuracea

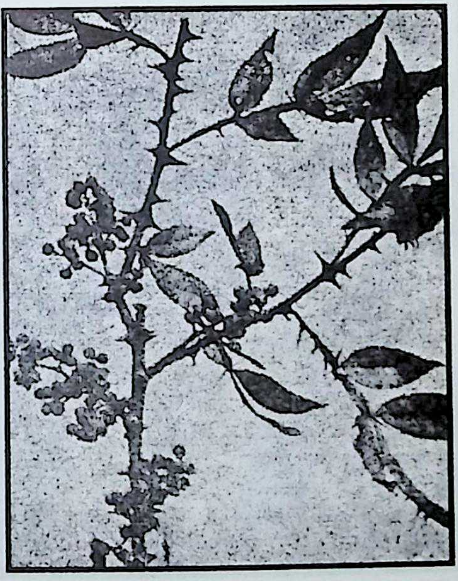
TANECETUM ANNUM



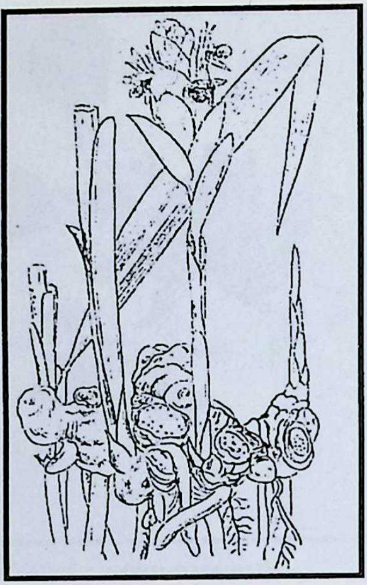
VETIVERIA ZIZANOIDES



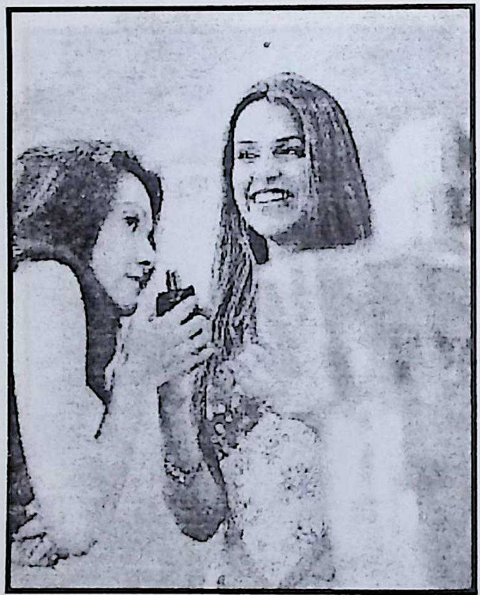
Viola serpens



Zanthoxylum armatum



Zingiber officinale



Typical Use of Essential Oils

APPENDICES

Appendix 1

GLOSSARY OF MEDICAL TERMS

Terms		*Meanings*
Abcess	:	Collection of pus in a tissue
Absolute	:	Alcohol extracted essential oil made from concrete
Acne	:	An inflammatory disease of the skin with the formation of an eruption of papules or pustules
Addiction	:	Physiologic or psychologic dependence on some agent like alcohol, drugs etc., with a tendency to increase to its use
Adrenal	:	Near the Kidney; an adrenal gland producing many hormones
Aging	:	Gradual structural changes that occur with the passage of time, that are not due to disease or accident and that eventually lead to death
Alterative	:	Tending to restore normal health, cleans and purifies blood, alters existing nutritive and excretory processes, gradually restoring normal body function
Ambivalence	:	Coexistence of opposite feelings
Amenorrhoea	:	Absence or abnormal cessation of the menses
Anaemia	:	Reduction of erythrocytes below normal number in the blood

Analgesic	Agent that relieves pain
Anasarca	Accumulation of fluid in subcutaneous tissues
Anger	Extreme or passionate displeasure
Angina	A severe constricting pain, commonly used in term of angina pectoris
Anodyne	Agent capable of relieving of pain
Anorexia	Loss of appetite
Anthelmintic	Agent that destroys expulsion of intestinal worms
Antibiotic	Destroys and prevents microorga-nisms
Antidote	Counteracts poison
Antiemetic	Counteracting nausea and vomiting
Antiinflammatory	Counteracting or suppressing inflammation; also an agent that so acts
Antiperiodic	Agents that prevents the regular occurrence of a disease or a symptoms
Antiphlogistic	Preventing or relieving inflammation
Antipyretic	Agent that reduces fever
Antiseptic	Cleaning substance preventing development of organisms
Antiscorbutic	Effective in prevention of scurvy
Antispasmodic	Preventing spasms
Anxiety	A feeling of apprehension, uncer-tainty and fear without apparent stimulus, association physiological changes
Aperient	Mild purgative
Aphrodisiac	Arousing sexual desire
Aphthous	Relating to ulcer on mucous membrane with exudate
Appetite	Natural craving, especially for food
Aromatic	Plants with volatile oils
Arthritis	Inflammation or swelling of the joints
Ascites	Abnormal accumulation of serous fluid in peritoneal Cavity
Asthma	A condition marked by recurrent attacks of paroxysmal dyspnea with wheezing
Astringent	Agent that causes contraction, usually after local application
Athlete's foot	Fungal foot condition

Atonic	:	Without normal tension
Balsamic	:	Fragrant substance made from plant exudates that soften phlegm
Bechic	:	Pertaining to cough
Belching	:	Emission of wind noisily through the mouth
Beriberi	:	A disease due to deficiency of Vitamin B1
Billiousness	:	Complex system of nausea, abdominal discomfort, headache and constipa-tion due to excessive bile secretion
Bitter	:	One of the six tastes found in barks, resins and tannins
Bronchitis	:	Inflammation of bronchi
Bronchodilator	:	An agent that causes dilation of the bronchi
Bruise	:	Superficial discolouration of the skin due to hematoma without rupture
Buboes	:	Inflammatory swelling of lymph-glands in the groin
Calming	:	Blend of narcotic and clean-smelling essential oils
Canker	:	Ulceration, especially of the lip or oral mucosa
Cardiotonic	:	An agent that has tonic effect on the heart
Carminative	:	Relieving flatulence
Catarrh	:	Inflammation of mucous membrane with discharge
Cathartic	:	Strong purgative
Cellulitis	:	Inflammation of the soft or connective tissue, in which a thin, watery exudate spreads through the cleavage planes of interstitial and tissue spaces, It may lead to ulceration and abscess
Cephalgia	:	Headache
Chakra	:	Energy vortex on the human body connected to subtle channels and specific endocrine organs
Chilblain	:	A recurrent localized itching, swelling and painful erythema of finger
Cholagogue	:	Agent that stimulates gall bladder contraction and promotes the flow of bile

into the intestine
Cholera : Acute infectious disease caused by *Vibrio cholerae*
Cholesterol : Component of fat metabolic, which can build up in the channels and passageways of the body
Colds : A catarrhal disorder of the upper respiratory tract, which may be viral, a mixed infection or an allergic reaction and marked by acute coryza, slight temperature rise, chilly sensations and general indisposition
Colic : Spasmodic pain in the abdomen
Colitis : Inflammation of the lining of the colon
Compress : Cold or hot application of herbs, teas or essential oils applied to the exterior or body
Confidence : A feeling of reliance or certainty, sense of self-reliance
Congestion : Abnormal accumulation of blood in part of the body
Conjunctivitis : Inflammation of the mucous membrane covering the anterior surface of the eye ball
Contraceptive : Agent for prevention of conception
Contusion : Bruise without rupture of blood vessels
Convulsion : Violent spasm
Cough : Sudden noisy expulsion of air from lungs
Cramps : Painful involuntary muscular contraction
Cyst : Sac formed in the body, containing liquid matter
Cystitis : Inflammation of the urinary bladder
Dandruff : Flakes of dead skin in the hair
Deafness : Partial or full inability to hear
Debility : Weakness
Decongestant : An agent that to reduce congestion or swelling
Delirium : Mental disturbance of relatively short duration usually reflecting a toxic state marked by illusion and excitement
Demulcent : Soothing
Dentrifice : Toothpaste or tooth powder

Deodourizer : Remove or destroy the smell

Depression : A morbid sadness, dejection or melancholy

Depurative : Agent that purifies the blood or the humours

Dermatitis : Inflammation of the skin

Diabetes : A disease in which sugar and starch are not properly absorbed by the body

Diarrhoea : Abnormal frequent evacuation of watery stools

Diaphoretic : Agent that promotes sweating

Diphtheria : An acute disease, caused by *Corynebacterium diphterieae* and marked by formation of grey white pseudomembrane in nose and throat or larynx with fever and also respiratory obstruction

Distension : Bloating, especially of the stomach; Swelling

Diuretic : Agent that promotes the flow of urine

Dizziness : A disturbed sense of relationship to space; a feeling of movement within the head

Douche : Application of a mixture of solution to rinse the inside of the vagina

Dropsy : An abnormal accumulation of fluid in intercellular spaces of the body.

Dysentery : Inflammation of intestine with frequent stools with blood

Dysmenorrhoea : Painful menstruation

Dyspepsia : Impairment of power or function of digestion

Dyspnea : Difficult breathing

Dysuria : Discharge of urine with pain and difficulties

Eczema : Superficial inflammation of the skin marked by redness itching and minute papules and later by scaling, lichenification and often pigmentation

Edema : An abnormal accumulation of fluid in intercellular spaces of the body

Emetic : Agent that causes vomiting

Emmenagogue : Agent that promote menstrual flow

Emollient	Agent that softens the skin and soothes irritation of the skin
Enteritis	Inflammation of the intestine, especially of the small intestine
Epilepsy	Syndromes characterized by paroxysmal transient disturbances of brain function that may be manifessed as episodic impairment or loss of consciousness psychic disturbances or perturbation of the autonomic nervous system
Erotic	An agent that tends to arouse sexual desire or excitement
Essence	Source
Ethertic	Beyond the earth - energy field of the body
Euphoric	Agent that intenses feeling of well-being and excitement
Expectorant	Agent that increases bronchial secretion and facilitates its expulsion
Fatigue	A state of diminished capacity to respond effectively to stimulus reducing the efficiency
Fear	A panic or distress caused by a sense of impending danger, pain, etc.
Febrifuge	A remedy for fever
Febrile	Feverish
Flatulence	Excessive gas formation in stomach intestine
Flu	Influenza
Fogginess	Confuseness
Frigidity	Female sexual arousal disorder
Frustration	Mental disturbances arise due to prevention of a person from achieving a purpose
Galactagogue	Agent that promotes the secretion and flow of milk
Gastritis	Inflammation of the stomach
Germicidal	Substance that destroys germs
GI	Gastrointestinal
Gingivitis	Inflammation of the gums
Gonorrhoea	A contagious inflammation of the genital

		mucous membrane transmitted chiefly by coitus and due to *Neisseraia gonorrhoae*
Gout	:	A group of disorders of purine and pyridine metabolism, characterized by typhi causing recurrent paroxysmal attacks of acute inflammatory arthritis usually affecting a single peripheral joint; arises due to increase in uric acid contents
Grief	:	Intense sorrow
Haemoptysis	:	Spitting of blood from the lungs or bronchial tubes
Haemostasis	:	Arrest of bleeding
Haemorrhoids	:	Piles
Hangover	:	Severe headache etc. from drinking too much alcohol
Headache	:	Continuous pain in the head
Hemicrania	:	Unilateral headache
Hepatitis	:	Inflammation of the liver; a viral disease of worldwide distribution that is usually transmitted by oral ingestion of infected materials but sometimes transmitted parenterally and characterized by mild flu-like symptoms and jaundice
Herpes	:	Any inflammatory skin disease marked by formation of small vesicles in clusters
Hiccups	:	Involuntary spasm of the diaphragm causing a characteristic sound *hic*
Hydrophilic	:	Loves water, will combine easily with water
Hydrophobia	:	Fear of water caused by rabies
Hypertension	:	Persistent high blood pressure
Hypotension	:	Low blood pressure
Hyptonic	:	Decreased tension
Hysteria	:	A term used widely in psychiatry; sudden onset of dream states, stupor and paralysis
Impetigo	:	Scabby eruption commonly occurring on the face caused by bacteria
Impotence	:	Lack of sexual power
Indigestion	:	Lack of failure of digestion, usually used to denote vague abdominal discomfort after meals

Indolent : Painless
Infertility : Diminution or absence of ability to produce offsprings
Inflammation : Injury or destruction to protective tissues, signs are pain, heat, redness, swelling and loss of function etc.
Influenza : A virus infection causing fever, aches, and catarrh
Inhalation : Process of taking in steam and vapourized essential oils by nose or mouth
Insomnia : Sleeplessness
Irritant : substance aggravating body tissues
Jaundice : Yellowness of skin, mucous membrane and excretion due to hyper biliruinemia and deposition of bile pigment
Lactagogue : Agent that promotes milk flow
Laryngitis : Inflammation of the larynx
Laxative : Promotes bowel movements
Leucocyte : white blood cell
Leucoderma : Depigmentation of the skin
Leucorrhoea : Whitish, viscid discharge from the vagina and uterine cavity
Limbic : Primitive part of the brain, responsible for appetite, memories and desires
Lithotriptic : Agent that dissolves vesical calculi
Lumbago : Pain in lumbar region
Malaria : Recurrent fever caused by a parasite *Plasmodium* and transmitted by *Anopheles* mosquito bite
Mania : A phase of bipolar disorder and characterized by expansiveness, elation, agitation, hyperexcitability, hyperactivity and increased speed of thought and ideas
Measles : Contagious viral infection, usually of childhood marked by an eruption of discrete , red papules which become flatten, confluent and brown
Melancholy : Pensive sadness; a mental depression
Menorrhagia : Excessive or prolonged menstruation
Menopause : Cessation of menstruation

Moisturizer	:	Substance that makes the skin less dry, especially by using a cosmetic
Nausea	:	An unpleasant sensation, vaguely referred to epigastrium and abdomen
Nervine	:	Strengthens the functional activity of the nervous system, may be stimulants of sedatives
Nervous	:	Anxious; Easily upset, timid or highly strung
Neuralgia	:	Nerve pain
Neurasthenia	:	Weakness or exhaustion of the nervous system
Neuritis	:	Inflammation of a nerve or nerves
Obesity	:	An increase in body weight beyond the limitation os skeletal and physical requirement, which is the result of accumulation of excessive fat in the body
Osteoporosis	:	Condition of brittle bones caused especially by hormonal changes or deficiency of calcium or vitamin D
Overindulgence	:	Indulge to excess
Palpitation	:	Increased rate of heartbeat due to exertion, agitation, or disease
Paralysis	:	Impairment or loss of motor function in a part due to lesion of the neural or muscular mechanism
Parnoia	:	Behaviour characterized by well-systematized delusions of grandeur of persecution or a combination
Peristalsis	:	Rhythmic, concentric, progressive, contractions of the GI tract musculature to more food mass onward
Pertussis	:	An infectious disease caused by *Bordetella pertussis*, marked by catrrah of the respiratory tract and peculiar paroxysms of cough
Pharyngitis	:	Inflammation of the pharynx
Pituitary	:	Master gland regulator of endocrine system
PMS	:	Post menstrual syndrome
Prana	:	Life force

Prostatis	Inflammation of the prostate
Pruritus	Itching
Psoriasis	Chronic or hereditary recurrent dermatitis marked by discrete vivid red macules, papules or plaques covered with silvery lamellated scale
Purgative	Agent that causes bowel evacuation
Pyorrhoea	A gum disease causing loosening of the teeth and characterized by the discharge of pus
Rage	Fierce or violent anger
Refreshing	Blend of clean and stimulations-smelling essential oils
Refrigerant	Agent that causes cooling effect
Regenerative	Agent that induces natural renewal of a structure, such as of a lost tissue or part
Rejuvenative	Agent that induces youngness again
Rheumatism	A disease marked by inflammation and pain in the joints, muscles, or fibrous tissue, especially the rheumatoid arthritis
Rubefacient	Reddening of the skin
Sadness	Unhappiness
Scabies	Contagious skin disease, caused by itch mite, *Sarcoptes scabiei*
Sciatica	Neuralgic along the course of the sciatica nerve, most often with pain radiating into buttock and lower limb
Seborrhoea	Excessive secretion of sebum
Sedative	Agent that cause excitement
Shingles	Acute painful viral inflammation of the nerve ganglia, with a rash often encircling the body
Sinus	A cavity of bone or tissue, especially in the skull connecting with the nostrils
Sinusitis	Irritation of sinus
Sitz Bath	A therapeutic solutio for soaking the genitals and rectum
Soporofic	Agent that induces sleep
Sore	Inflamed place on the skin or flesh

Sore Throat	:	Lesions of the mucous membrane inside throat
Sour	:	One of the six tastes found in fats, amino acids, fermented products, Vitamin C, fruits and vegetables
Spasmolytic	:	Agent that relieves spasm
Spermatorrhoea	:	Involuntary discharge of semen
Sprains	:	Rupturing of ligament but they remain intact
Stimulant	:	Increase internal heat, dispels internal chill, strengthens metabolism and circulation
Stomatitis	:	Inflammation of the mucous membrane of the mouth
Strangury	:	Slow and painful discharge of urine
Stress	:	Physical or mental strain
Sunburn	:	Inflammation and tanning of the skin from exposure to the sun
Sunstroke	:	Acute prostration from excessive exposure to the sun
Sweet	:	One of the six tastes found in sugar, carbohydrates, and dairy products
Tachycardia	:	Abnormally rapid heart-rate
Tantra	:	Ancestral healing, ancient ceremony using breath and forgiveness to heal genetic tendencies
Tantrum	:	Outburst of bad temper or petulance
Tea	:	Herbal beverage
Tendinitis	:	Inflammation of tendons and of tendon-muscle attachments
Tension	:	Mental strain
Thermoplegia	:	Heatstroke or sunstroke
Tonics	:	Increase weight and density and nourish the body
Tonsils	:	A small, rounded mass of tissue, especially of lymphoid tissue, one on each side of the root of the tongue
Trauma	:	Profound emotional shock
Trichomoniasis	:	Infection by the organisms of the genus *Trichomonas*

Tuberculosis	:	An infectious bacterial disease marked by tubercles, especially in the lungs
Ulcer	:	A wound with superficial loss of tissue
Urethritis	:	Inflammation of urethra
Urothrorrhoea	:	Abnormal discharge from urethra
Urticaria	:	An eruption of the skin characterized by transient appearance of slightly elevated reddish patches associated with severe itching
Vaginitis	:	Inflammation of vagina
Varicose Veins	:	Permanently and abnormally dilated veins
Vasodilator	:	Agent that causes dilation of blood vessels
Vertigo	:	Dizziness
Viscous	:	Glutinous or sticky, having a high degree of viscosity
Vomiting	:	Act of throwing out the contents from stomach
Vulnerary	:	Assist in healing of wounds by protecting against infection and stimulating cell growth
Whooping cough	:	Pertussis
Wounds	:	Injury done to living tissue by a deep cut or heavy blow etc.

Appendix 2

AROMATHERAPY BLENDED OIL
(WITH PRICES IN INTERNATIONAL MARKET)

Aromatherapy Oil	**2 oz**	**4 oz**	**8 oz**	**16 oz**	**32 oz**
Allspice Oil	5.54	9.51	17.49	31.76	58.40
Amber Oil	8.28	14.46	26.82	49.33	91.35
Amyris Oil	5.46	9.38	17.23	31.28	57.5
Angelica Root Oil	6.53	11.30	20.85	38.09	70.28
Angelica Seed Oil	24.94	44.45	83.47	155.97	291.29
Anise Star Oil	4.62	7.87	14.38	25.91	47.43
Balsam Peru Oil	5.50	9.45	17.37	31.54	57.99
Basil Oil	4.65	7.91	14.46	26.07	47.73
Bay Rum Oil	5.98	10.32	19.00	34.62	63.76
Bay Laurel Oil	6.01	10.36	19.08	34.75	64.02
Bergamot Oil	5.82	10.02	18.44	33.55	61.76
Birch Oil	4.89	8.36	15.30	27.64	50.68
Black Pepper Oil	5.19	8.88	16.30	29.52	54.20
Blue Tansy Oil	18.57	32.97	61.79	115.16	214.77
Cajeput Oil	5.46	9.38	17.23	31.28	57.51
Calamus Oil	5.29	9.06	16.63	30.15	55.39
Camphor Oil	4.53	7.70	14.06	25.32	46.32
Caraway Oil	5.34	9.17	16.83	30.53	56.09
Cardamom Oil	7.60	13.22	24.49	44.95	83.13
Carrotseed Oil	6.02	10.37	19.11	34.82	64.14
Cassia Oil	4.68	7.96	14.56	26.25	48.08
Catnip Oil	8.53	14.91	27.68	50.94	94.37
Cedar Leaf Oil	5.49	9.43	17.33	31.46	57.84

Aromatherapy Oil	2 oz	4 oz	8 oz	16 oz	32 oz
Cedarwood Oil (Atlas)	4.98	8.51	15.59	28.20	51.73
Cedarwood Oil (Red)	9.42	16.50	30.69	56.61	105.00
Cedarwood Oil (Virgiania)	5.00	8.54	15.65	28.31	51.94
Celery Seed Oil	5.12	8.76	16.05	29.06	53.35
Chamomile Oil (German)	18.25	32.39	60.69	113.09	210.90
Chamomile Oil (Moroccan)	10.80	18.99	35.39	65.46	121.60
Chamomile Oil (Roman)	11.80	20.80	38.80	71.87	133.61
Chaste Tree Oil	11.54	20.32	37.91	70.19	130.47
Cinnamon Oil	4.64	7.90	14.43	26.01	47.62
Cistus Oil	16.86	29.89	55.98	104.21	194.25
Citronella Oil	4.57	7.77	14.19	25.55	46.75
Clary Sage Oil	5.11	8.75	16.04	29.03	53.29
Clove Oil Bud	4.87	8.30	15.20	27.46	50.33
Clove Oil Leaf	4.62	7.86	14.37	25.89	47.39
Coriander Oil	5.38	9.23	16.95	30.75	56.51
Cornmint Oil	4.71	8.03	14.68	26.47	48.48
Cumin Oil	5.40	9.27	17.02	30.89	56.77
Cypress Oil	5.10	8.72	15.99	28.95	53.14
Dragons Blood Oil	5.49	9.44	17.34	31.48	57.89
Dill Oil	5.19	8.88	16.30	29.52	54.20
Elemi Oil	5.43	9.32	17.12	31.08	57.13
Eucalyptus Oil (Globulus)	4.53	7.71	14.07	25.34	46.36
Eucalyptus Oil (Radiata)	4.75	8.10	14.82	26.74	49.00
Fennel Oil	4.93	8.42	15.42	27.88	51.12
Fir Balsam Oil	11.00	16.72	—	—	—
Fir Needle Oil	4.77	8.13	14.88	26.85	49.20
Frankincense Oil	5.74	9.89	18.19	33.08	60.89
Galbanum Oil	7.82	13.61	25.23	46.34	85.73
Garlic Oil	5.19	8.88	16.30	29.52	54.20
Geranium Oil	5.12	8.77	16.08	29.11	53.44
Geranium Rose Oil	5.54	9.52	17.50	31.78	58.44
Ginger Oil	5.54	9.51	17.48	31.75	58.38
Grapefruit Oil	5.08	8.68	15.92	28.81	52.88
Helichrysum Oil	18.66	33.14	62.11	115.75	215.89
Hyssop Oil	7.74	13.47	24.96	45.83	84.79
Jasmine Oil	24.95	44.45	83.48	155.99	291.33
Juniper berry Oil	5.44	9.34	17.15	31.13	57.22
Laurel Leaf Oil	6.01	10.36	19.08	34.75	64.02

Lavander Oil	4.81	8.20	15.00	27.08	49.62
Lavender Oil (Bulgarian)	5.18	8.88	16.28	29.49	54.14
Lavender Oil (French)	4.88	8.34	15.27	27.58	50.57
Lemon Oil	4.66	7.93	14.49	26.12	47.84
Lemon Eucalyptus Oil	4.66	7.93	14.49	26.12	47.83
Lemongrass Oil	4.68	7.98	14.58	26.29	48.15
Lime Oil	4.78	8.16	14.93	26.94	49.37
Litsea Cubeba Oil	4.66	7.94	14.51	26.15	47.89
Lotus Oil (Pink)	71.46	128.18	241.62	453.67	849.48
Mace Oil	5.71	9.82	18.07	32.85	60.46
Mandarin Oil Red	4.76	8.12	14.86	26.81	49.12
Marjoram Oil	5.65	9.72	17.88	32.51	59.80
May Chang Oil	4.66	7.94	14.51	26.15	47.89
Melissa Oil (Rectified France)	6.02	10.39	19.14	34.87	64.23
Menthol Oil	—	15.06	—	—	—
Myrrh Oil	8.17	14.25	26.43	48.59	89.97
Myrtle Oil	5.49	9.43	17.33	31.46	57.87
Neroli Oil	20.89	37.14	69.67	129.99	242.58
Niaouli Oil	4.95	8.46	15.50	28.01	51.37
Nutmeg Oil	5.33	9.14	16.77	30.41	55.88
Oakmoss Oil	8.32	14.52	26.94	49.56	91.78
Orange Oil	4.58	7.80	14.24	25.65	46.95
Oregano Oil	5.77	9.92	18.26	33.22	61.14
Palmarosa Oil	4.71	8.02	14.66	26.43	48.41
Parsley Oil	5.17	8.85	16.24	29.41	54.00
Patchouli Oil	5.06	8.65	15.86	28.70	52.67
Pennyroyal Oil	5.19	8.88	16.30	29.52	54.20
Pepper Oil Black	5.19	8.88	16.30	29.52	54.20
Peppermint Oil	4.71	8.03	14.68	26.47	48.48
Peru Balsam Oil	5.50	9.45	17.37	31.54	57.99
Petitgrain Oil	5.06	8.66	15.87	28.71	52.69
Pine Needle Oil	5.02	8.59	15.74	28.48	52.25
Ravensara Oil	5.92	10.20	18.78	34.19	62.69
Rose Oil	25.67	45.75	85.93	160.60	299.97
Rose Geranium Oil	5.54	9.52	17.50	31.78	58.44
Rosemary Oil	4.84	8.26	15.11	27.29	50.03
Rosewood Oil	5.89	10.14	18.68	34.00	62.60
Rue Oil	7.96	13.88	25.74	47.29	87.52
Sage Oil	6.78	11.75	21.70	39.70	73.28
Sandalwood Oil	29.49	52.63	98.92	185.05	345.81

Aromatherapy Oil	2 oz	4 oz	8 oz	16 oz	32 oz
Savory Oil (Mountain-Winter)	6.87	11.92	22.02	40.30	74.41
Spearmint Oil	4.77	8.14	14.89	26.86	49.22
Spikenard Oil	7.63	13.28	24.60	45.16	83.52
Spruce Oil	5.52	9.49	17.44	31.66	58.22
Tagetes Oil	5.92	10.20	18.79	34.21	62.99
Tangerine Oil	4.72	8.04	14.71	26.53	48.60
Thuja Oil	5.49	9.43	17.33	31.46	57.84
Tansy Oil Blue	18.57	32.97	61.79	115.16	214.77
Tarragon Oil	5.50	9.44	17.35	31.50	57.92
Tea Tree Oil	4.76	8.12	14.85	26.79	49.09
Thyme Oil (Red)	5.95	10.26	18.89	34.41	63.37
Thyme Oil (White)	4.95	8.45	15.47	27.97	51.29
Valerian Root Oil	15.68	27.76	51.96	96.65	108.07
Vanilla Absolute Oil	24.54	43.72	82.10	153.38	286.45
Verbena Oil (Lemon)	5.51	9.47	17.40	31.59	58.08
Vetiver Oil	6.01	10.36	19.08	34.75	64.02
Wintergreen Oil	—	—	25.18	—	—
Wormwood Oil	6.21	10.72	19.76	36.04	66.42
Yarrow Oil	15.27	27.03	50.57	94.04	175.18
Ylang Ylang Oil	5.55	9.54	17.53	31.85	58.57

Note : All prices are in US Dollars. (*Source* : http://EzineArticles.com)

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Dr. Anil Kumar Dhiman (born in 1965), is M.Sc., Ph. D. (Botany), M.A. (Pol. Sci.), B.Ed., M.L.I.Sc., PGDCA and the *Ayruveda Ratan*. His Doctorate work is based on the Medicinal Flora of Haridwar, which contains information on ethnomedicinal and ethno-botanical uses of the plants. Presently, he is working as *Information Scientist* in Gurukul Kangri University, Haridwar (U.A.). He has taught Botany in Botany Department, Gurukul Kangri University, Haridwar (U.A.) during 1995-96 under distance education programme and also worked as Counsellor of Library Science for Haridwar Chapter of U.P. Rajrishi Open University, Allahabad for two years in 2000 and 2001. He also had been the Honorary Lecturer at Library Science Training Centre, Roorkee (a centre devoted to the teaching of Certificate in Library Sceince) for about a decade including one session Principalship of the said course. He is elected Fellow of Indian Botanical Society (FBS), Fellow of Society of Ethnobotanists (FES), Lucknow (India) and Fellow of United Writers' Association of India (FUWAI), and life members of several professional societies viz., Academy of Plant Sciences of India (Muzaffar-nagar), Indian Botanical Society, Indian Association of Special Libraries and Information Centers (Calcutta), Indian Association of Teachers of Library and Information Science, Indian Library Association, (Delhi), Society of Ethnobotanists, Lucknow (India), Uttaranchal Pustakalaya Association and Uttar Pradesh Library Association (Lucknow).

He has twenty four books to his credit; eight in Botany and sixteen in Library Science besides, more than seventy five papers in both fields of his study. He has attended various national seminars and conferences and also had been the member of organizing committees of seminars of national repute. His name has been referred in various directories of national and international fames. He is also awarded with the APSI Gold Medal and Young Scientist Award 1999 and Glory of India International Award 2006.

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